

10 Times a Year

1/4 Million Readers

#68 November 1996

Common Ground

SOUL IN WORK
RECLAIMING
HIGHER GROUND

**B VITAMINS &
A GOOD HEART**

FLORA FAMILY
HERBS FOR HEALTH

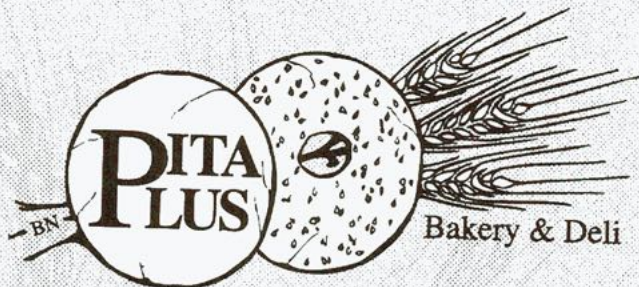
VIRTUAL SOUL
ON THE
INTERNET

GARLIC
BREATH
OF LIFE



B.C. SPIRIT
Local Business Tribute

**RESOURCE
DIRECTORY**



Take your palette on a tour of the Middle East! Discover our assortment of **home-made pocket pita breads** and **Middle Eastern salads**. Explore the rich flavours of our **vegetarian falafel** and savoury **bourekas pastries**.

• PARTY PACKS AND TRAYS •

Plan your home or office event with us and we will walk you through your party plan, for 10 to 500 people. We will provide you with a wide variety of unique and healthy party ideas. **Come and visit us for a free sample of our delicious food!**

340 West 2nd Avenue
Mon to Fri 7:30 to 5, Sat 11 to 5
Tel. (604) 876 6663

2967 West Broadway
Mon. to Sat. 9 to 7, Sun. 11 to 7

India Ayurvedic & Homeopathic Clinic

SPECIALIZING IN

- ❖ Lymph Drainage Therapy
- ❖ Improve Your Immune System
- ❖ Balance Your Body, Mind & Soul
- ❖ Get Your Energy Back
- ❖ Regain Control of Your Life

Balance your health in a natural way according to an ancient 5,000 year old perfected natural health care system. Take advantage of this science which could be the world health care system of the next millennium.

SEE OUR AD IN HEALTH
HEALING & BODYWORK



Dr. Dhinsa
BAMS,AMD,DHMS,DAC-TCM



**MASSAGE 50 % OFF
WITH THIS AD
FREE MEDITATION LESSONS
201-6455 Fraser St.
Van, TEL: 323-1400**

**Old-fashioned
attention to detail...**



Basic Car Wash: \$8.95

- We do:
- Interior Shampooing
 - Exterior Polishing
 - Mobile Truck Washing
 - Fleet Rates Available & Now Accepting Trade \$\$

Call today for a free estimate on your vehicle!

Ask about our free pickup and delivery service.

PitStop
Auto Detailing Inc

HAND CAR WASH
790 S.W. Marine Drive
Vancouver, BC
Tel: (604) 327-WASH

TIBETAN VOICES: A TRADITIONAL MEMOIR

PHOTOGRAPHY BRIAN HARRIS

LIMITED HARDCOVER BOOK + 1997 WALL CALENDAR

*Receive a complimentary set of
TIBETAN VOICES ART POSTERS*

Two Nuns Laughing & Monks and Butter Lamps



Mention this ad when **purchasing directly from Seva** and receive a complimentary set of (2) **Tibetan Voices Art Posters** with the purchase of a book or one poster of your choice with the purchase of a calendar.
(Customer pays poster postage of \$5.00)

To avoid shipping costs pick up your books, calendars & posters at the Seva office. Please phone first.
Seva Service Society
#200 - 2678 West Broadway
Vancouver, B.C. V6K 2G3
Tel: (604) 733-4284 Fax: 733-4292
sevacan@axionet.com

Tibetan Voices: A Traditional Memoir - \$49.95
+ ship. & handl. \$6.00 = \$55.95. (When purchased from Seva: \$32.50 to Seva & Tibetan Projects)

Tibetan Voices 1997 Wall Calendar - \$16.00
+ ship. & handl. \$5.25 + PST \$1.12 = \$22.37
(When purchased from Seva: \$12.79 to Seva & Tibetan Projects)

~ Royalties & Net Proceeds in aid of Seva Projects and Three Tibetan Refugee Projects in India - Also Available at: Banyen Books, Duthie Books, Travel Bug, Wanderlust, Capers, Mountain Equipment Co-op and your local bookstore.

TIBETAN VOICES WEB SITE AT: <http://www.direct.ca/excel/tibet.shtml>

Water is . . .

Life

AVANI'S proprietary and exclusive **STEP PURIFICATION PROCESS** completely duplicates the natural cycle of rain water purification. The only extra ingredient added is the vital oxygen! Our **Avani** water contains up to **300% more oxygen** than ordinary tap water, and is the **smoothest** and **purest** water on the market!

Our **Avani** process re-energizes water the way it was on our planet millions of years ago, when our atmosphere and rainwater contained high levels of oxygen.

avani

TEL: 604-525-2386
FAX: 604-525-2396



328-17 Fawcett Road, Coquitlam, B.C. Canada

Common Ground's Sufism article reprinted in largest newspaper in Arab and Muslim world

Enclosed please find a photocopy of my article about the Sufism in Islam, which was based on your interview (Common Ground page 10, August 1996) of Dr. Qabbini, of the Naqshabandi way in Sufism and it's relation to Islam, as well as Islam and its relations toward other religions in the modern days.

This article was published in Al-Lewa'a weekly news paper, in Amman-Jordan. This is the largest Islamic known newspaper in the Arab and Muslim world.

I was a bit hostile toward the Sheikh at the beginning of the session, thinking that he was representing some sort of extremist groups. I raised some very provocative questions to see where he is standing on all these issues, and when I realized that he was not associated with any of these groups, I retreated back and listened to your questions and his answers. I wrote my notes, and here they are. I am sure you can find someone who speaks Arabic to assist you in a brief translation about it's content.

K. Qanah, Khalid Qanah, Vancouver

Jeremy Rifkin's message not reported

Washington activist Jeremy Rifkin, author of a dozen books, including "The End of Work," attracted two large audiences in Vancouver on October 16th and 17th, but none of the city's newspapers carried his core message.

In the afternoon forum, Dale Cuthbertson of the Vancouver Volunteer Centre, one of Vancouver's largest non-profit agencies, noted that the Thursday Sun carried only the business portion of Rifkin's message. Moderator John Cruickshank, the Sun's editor-in-chief, grimaced as Rifkin responded that he had spent most of his time with the Sun's editorial board talking about the Third Sector; briefly as follows:

Jobs are disappearing, but much of the work that needs doing is left undone; non-profits are not being supported to pick up the slack. A third leg is needed to balance the power of big business (market economy) and government (government economy). Rifkin calls this leg the Third Sector (re the Social Economy), an alliance of the many non-profit groups who continue to tend to the Common Weal without pay, thanks, or power. In this century we have marginalized the third sector,

partly because of a gender bias that it was mainly women's work.

Rifkin urged Greenpeace, the Lion's Club, the Churches and the many other unconnected non-profit groups to hammer out a Third Sector identity and to make their unified voice heard in Victoria and in Ottawa.

One of Rifkin's several suggestions for a better way of funding: "...the province should be willing to pay a non-profit society an income voucher for a decent social wage, so that a youth who is not needed in government or in the marketplace, but who is needed in the neighborhood, can create social capital...social capital is the glue that forms a stable society in which you can have trade..."

This would be better than begging the government for grants and the private sector for philanthropy.

This above message is what the mainstream media did not print.

The "New Work" proposals of philosopher Dr. Frithjof Bergmann can be found at: <http://www.vcn.bc.ca/newwork> along with the text of the Sun and Globe articles, related web sites links, and a bibliography.

Colin Stark, Vancouver

Animal research not the way to natural healing

The October column by David

Steinman, Health Watch, published by Common Ground, gives credit for the discovery of Vitamin E to animal experimentation. What simple-minded rubbish!

In every installment Steinman goes out of his way to sing the praises of animal research, it seems. In this issue the singing starts off the article. "In 1922, researchers discovered (that) animals fed a diet of rancid lard could not produce offspring, but when provided lettuce their reproductive capacity returned.

Does this mean that human beings - also animals, of course when fed a diet of rancid lard will not be able to produce offspring, but that when provided with lettuce will have their reproductive capacity restored?

Shame on you, Mr. Roberts! Can't you see the dangerous stupidity of all this? Animal research has not and will not show the way to natural healing, because it cannot; please stop implying that it can!

John Pranger, Vancouver

Letters must be short (they may be edited for length) and include the name, address and phone number of the sender. Send to: Editor, Common Ground, 201-3091 West Broadway, Vancouver, BC, V6K 2G9, fax (604) 733-4415, or send e-mail to cgbcc@web.net.

Linda's URBAN SPA

**ESTHETICS
MASSAGE
ELECTROLYSIS**

IS YOUR SKIN LOOKING DULL?
Brighten it with a Glycolic Facial Skin Peel Treatment!
FALL SPECIAL
Book a treatment on Monday, Tuesday or Wednesday and receive it for only \$25.00
P.S. Great for hands & feet

MASSAGE
Introductory
Reg \$50 one hour
Special \$39
50% off all waxing

GIFT CERTIFICATES AVAILABLE
Mon-Wed 9 to 7pm•Thurs-Fri 9 to 9pm•Sat 9 to 6pm•Sun 10 to 6pm
1888 West 1st Ave (Next to the Bread Garden in Kits)
736-0030

VISA BANK CARDS

Furnish Your Home Naturally

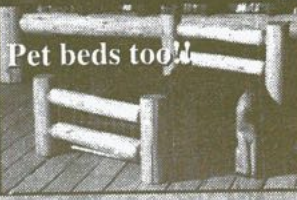
with rustic or modern furniture designed to last a lifetime
• Factory direct prices • Custom designs



• Canopy beds • Free design services
• Bunk beds • Rustic accessories

876-3142 or 329-9588

CABIN CRAFT



Pet beds too!

CONTENTS

Letters

Soul Work

Reclaiming The Soul In The Workplace

An Interview with Lance Secretan

By Joseph Roberts

Reclaiming Higher Ground

Creating Organizations That Inspire The Soul

The Flora Family

Three Generations of Well Being in Business

Interview with Thomas Greither, President of Flora Manufacturing

By Joseph Roberts

A simple test could save your life

B vitamins are a treatment for specific heart disease risk

David Steinman

Learning to say no

By Louise L. Hay

Soul Work

By Gwen Randell-Young

Soul in Business

Reclaiming soul in the workplace

Delicious 'Stay at Home' Meals

Feng Shui At Home and Work

5000 years of garlic use

By Don Ollsin

Finding Common Ground

Buckwheat's Bake Shop

Dominion Herbal College

Jane and Brent Cassie

Technology as a Spiritual Analogy

Is the Internet perhaps a foreshadowing of an "inner net" through which souls of a common purpose communicate?

By Jeff Swanson

Book Review

Don't Water the Stick

By James Bohdi

Spiritual needs

Imagine a society where there is no hunger.

By David Suzuki

Buying a car?

If you like saving money,
you'll love Neil Fraser

*"I'll buy you a car that's worth more
than you pay - new or used."*

You Won't Pay For -

- Sales Commissions
- Dealer overhead
- Retail mark-up

Neil Fraser & Co.

CONSUMER ADVOCATE

EXPERT CAR BUYER

FOR THE PUBLIC

730-1734



Neil Fraser & Co. work on flat rate fee for service basis on your behalf.
You'll save money, time, and aggravation. It's a win-win situation.

"A cutting edge, much needed service."

AS FEATURED ON CKLG RADIO & BCTV NEWS HOUR

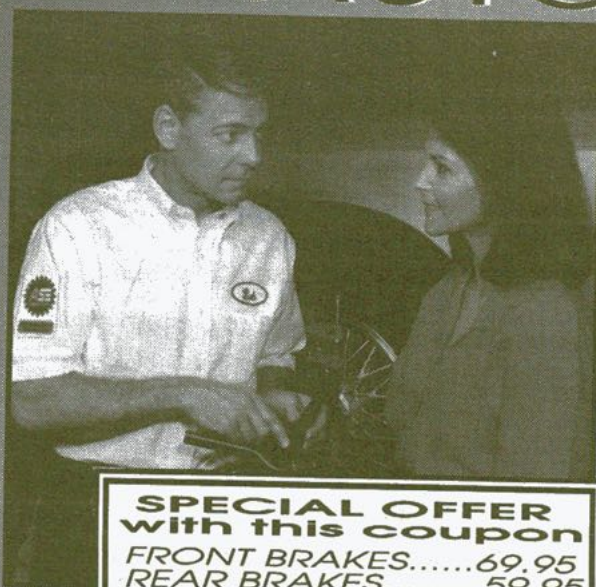
• Any New or Used Car •

<http://www.canauto.com/>

email: nfraser@fronet.com

24 Years
Great
Service

**FULL
SERVICE
AUTO**



**SPECIAL OFFER
with this coupon**
FRONT BRAKES.....69.95
REAR BRAKES..... 59.95
for cars and light trucks

371 west 2nd ave
Vancouver

874-1103

apollo
MUFFLER
SPEEDY BRAKE

Common Ground

NOVEMBER 1996, ISSUE 68

PUBLISHER & SENIOR EDITOR

Joseph Roberts

MANAGING EDITOR

Lawrence Buser

EDITOR

Galen Brandt Wootten

EDITORIAL ASSISTANTS

Marilyn Machum,
Alexandra Woodsworth

PRODUCTION

Adrienne Conley,
Chris J. Vaughan Griffiths,
Nattanya Caverhill

CONTRIBUTORS

James Bohdi, Louise Hay,
Don Ollsin, Joseph Roberts, David
Steinman, Gwen Randall-Young,
David Suzuki, Jeff Swanson

OFFICE

Winnie Chouinard, Belinda Davies

ADVERTISING

Joyanna Anthony, Craig Asselstine,
Randy Berg, James Bohdi

COMMON GROUND PUBLISHING CORP

Office: 201-3091 W. Broadway
Vancouver, B.C., Canada
V6K 2G9

Phone: (604) 733-2215

Fax: 733-4415

ISSN No. 0824-0698

Copies Printed: 80,000

Over 250,000 readers per issue

Surveys show 3.2 readers/copy

Common Ground (CG) magazine, dedicated to health, ecology, personal/professional development and creativity, does business "in a spirit of unity, co-operation and understanding, while maintaining a high level of integrity, responsibility and service." When accessing our broad selection of goods and services, please mention CG to the advertisers.

We will endeavour to respond to your comments and print letters when practicable. All contents copyrighted. Written permission is required to reproduce, quote, reprint, or copy any material from CG. Opinions and views expressed in articles do not necessarily reflect those of the publishers or the advertisers. Advertisers are solely responsible for their claims. CG publishing reserves the right to refuse any advertising.

ARTICLE SUBMISSIONS

Call or write before submitting an article. Unsolicited articles will not necessarily receive a reply.

ADVERTISING

For current Rate Card and Editorial Calendar, call Common Ground magazine and ask for a salesperson.

Toll free for advertisers only:
1-800-365-8897

Published ten times a year

Canadian Mail
Publications
Product
Agreement No.
148288. Printed
on recycled
paper with
vegetable-based
inks.



SKIN DISEASE SPECIALIST

Dr Andy Zhou

MD Degree of
Traditional Chinese Medicine



Specializes in:

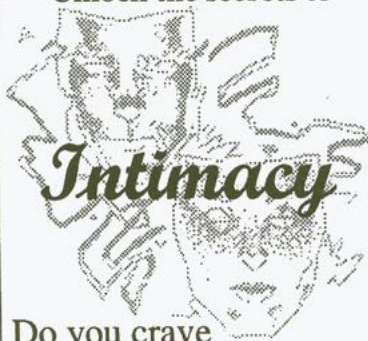
- Eczema
- Psoriasis
- Athlete's Foot
- Herpes
- Acne
- Skin Rash
- Skin Allergy
- Skin Itching
- Hair Loss
- Vitiligo

Using ancient

Traditional Chinese
herbs as ointment
combined with
internal herbal
treatment

306-1701 W. Broadway
(Medical Building)
Vancouver V6J 1Y3
Call (604) 736-6010

Unlock the secrets to



Do you crave

- ♥ Intimacy?
- ♥ A happier relationship?
- ♥ More love?

Then read:

"How to Create a
Long-Lasting
Relationship"
a practical guide to
achieving intimacy

Over 250 practical ideas to....

- * Communicate intimately
- * Love more deeply
- * Eliminate conflict frustration
- * Share meaningful time

Just Released Introductory Offer:

\$13.99 + \$2.00 shipping & handling
Send cheque or fax M/C # to:

Solid Solutions Publishing,
Suite 101, 1663 128th St.
Surrey, BC V4A 3V2

fax # (604) 538-6556 CG

M/C # _____

Exp. date _____

Money Back Guarantee

Find your identity...

Change your behavior,
Change your life.



Regain your
wholeness

Neuro-Linguistic Programming (NLP): Helps people detect and reprogram unconscious patterns of thought and behavior, change your limited beliefs to become an expert communicator.

Recapture Your Limitless Potential Using Systemic NLP

Powerful Self Development

Marilyns' students around the world start here to become superb communicators, flexible human relations specialists, highly qualified therapists, and many become trainers! Study with Erickson College, a thriving center of diverse and exciting developmental programs

Workshops

FREE INTRO EVENINGS

Nov 15, 16, 19, & 21

PIONEERING PERSONAL TRANSFORMATION

An Introduction to
Systemic NLP

Nov 19, 25

NLP PRACTITIONER CERTIFICATION SELF MASTERY

Commences Nov 15 (eve), 16 & 17

TIMELINE TO EMPOWERMENT

Nov 21 (eve), 22 (eve) & 23

Exceptional Career Training

Described by many as the best NLP Practitioner Course in the world, the program is currently being scheduled in Oslo, Moscow, Barcelona and Vancouver.

Solution Focused Counselling

Accelerated Counsellor Training Program

- Co-dependancy and Recovery
- Timeline and Emotional Healing
- Relationship Counselling
- Addictions Therapy; Weight Loss
- Family Therapy

- Lifestyles, Fitness and Health
- Healing for Traumas and Phobias
- Hypnotherapy
- Sexual Abuse

Call (604) 879-5600 Toll Free 1-800-665-6949



2021 Columbia Street
Vancouver, BC V5Y 3C9
info@erickson.edu
http://www.erickson.edu

Financial Assistance May Be Available
To Qualified Applicants

Pioneering Personal Transformation

SOUL WORK

RECLAIMING THE SOUL IN THE WORKPLACE

An Interview with Lance Secretan by Joseph Roberts

Lance Secretan
is the author of the
bestselling book
*Reclaiming Higher
Ground: Creating
Organizations
that Inspire
the Soul.*



Common Ground: How can we claim our souls in the workplace? What is the most important issue facing us?

Lance Secretan: We must begin by putting our employees first, before our customers. For the last fifteen years, what we've been doing in our "modern" organizations is the opposite: we've been putting customers first. We've been asking employees to do more and more for customers, to give them higher and higher quality service. Then we've been rewarding these employees by asking them to do more with less: we've been right-sizing, down-sizing, re-engineering, and in the end, firing them.

Employees have begun to say, "Excuse me, but when do we get the quality you're asking us to provide to people in the marketplace?" It's time to start a quality program for our own people, our employees, that has all the bells and whistles of the quality program for customers. It doesn't have to be better, but at least it should match it.

Here's the new logic: if we take care of our people first, they'll take care of customers. If you want to make money, do it by taking care of your own people. What's so inspiring is that employees are falling over themselves to take after customers. They don't need to be taught; they know how to look after customers, do what the customer wants. There are all kinds of ways of serving customers that you'll never put in a training program. It's really about empathy.

CG: That's what you mean by putting soul back in the workplace?

LS: No, that's a by-product. I mean really putting the soul back, making it a spiritual practice. For a hundred years we've been running organizations based on Freud and Jung, on personality typing, punching buttons and getting people to do things based on ego and greed. It's worked fine; we're experts at that. We measure everybody's personality by which way.

What we've totally lost in the equation is the soul. Now when yearly polls such as the Gallup Poll are taken, eighty per cent of the population declare that they don't look forward to going to work on Monday morning. Further research shows that the greatest instance of heart

attacks and strokes occurs at 9:00 A.M. on Monday morning. Now put those two pieces of information together....

CG: So "soul" is not used metaphorically.

LS: No. It's used literally, in the spiritual sense. We need to admit and discuss the things that are most intimate to us which we have excluded from the workplace: truth-telling, promise-keeping, honesty, integrity, virtue, veneration, reverence, sacredness, trust, integrity, meaning, faith....all those things which the macho-leader would say are not things which you should talk about at work.

One hundred fifty years ago in Victorian times, you'd talk in mixed company about the sermon you heard last Sunday or about your religious views, but you would not talk about sex. Now, one hundred fifty years later, you can talk about sex in mixed company as much as you like—in fact, probably the more the better—but don't talk about your religious or spiritual views. That's not a subject for public discussion.

So we've completely stripped away from the workplace any opportunity to nourish people's souls, because we've made it verboten and a non-business subject to talk about anything spiritual. If you want to talk about spirituality or anything spiritual in your life, no matter what your God may be or what your view on the subject may be, you can only do it at home or in your place of worship.

CG: It's a sad state of affairs when people feel embarrassed to talk about God or spirit or soul.

LS: Yes. People are embarrassed even about astrology. They'll go to an astrologer but never tell you. Their bank account tells the truth; they won't.

CG: How and why has this happened?

LS: We today are very good with answers. Any bookstore or business group will always have an answer for every kind of issue or theory. What we've forgotten is how to ask questions. We don't ask questions like: Is it truthful? Is it fun? Is it nice? Is it joyful? Is it spiritual? Does it make a promise?

If you sit in a meeting in a modern business context and admit that you don't have an answer, you're considered a wimp who lacks leadership skills. If you

do ask a question, they think you're strange. Of course, this is what we need to do, just to find the truth in any place, in a company or anywhere else.

We need to ask questions. Why are we here? And in particular, the Holy Grail question from the Arthurian legends: Whom does it serve? Look at the story of Percival, the Arthurian knight. His mother has taught him always to ask questions, and he's used that advice many times successfully. Seeking the Grail, he goes to the Holy Grail castle, kept by the Fisher King. The King has received a grievous wound which will not heal, and the Castle lands have been turned to barren wilderness. Legend says that if upon seeing the Grail, the seeker asks, Whom does it serve?, the King's wound will be healed and the castle lands returned to bounty.

One night Percival is dining with the King and the Grail is brought in.

Percival is so struck with awe that he forgets to ask the question. As a result, he is cast under a spell for five years and put through all kinds of dangerous and awkward experiences. One day he is lost in the wilderness, with no idea what time or day or season it is. He asks a group of strangers, What day is this? It's Good Friday—and just by asking the question, he breaks the spell.

Now we are under the same spell. We've forgotten how to ask questions. We need to break the spell by asking the right questions: Shall we put people at least even with profits? Are we putting people where they ought to be in organizations? Is profit the only thing we need to pursue?

Nobody is arguing that we don't need to make money, that moneymaking is not important or profit is not essential. But profit is like oxygen: essential for our survival, but not the reason for our existence. It's like breathing.

You don't get up in the morning and say, Ah, I'm going to have a good day breathing now. It's something you do as a result of doing everything else.

Profit is the same. If you do what you do well, then you'll make money.

CG: It's like playing a bigger game or a higher game.

LS: It's about reclaiming higher ground. There's nothing new here; we're trying to get back what we have desperately lost. We should always be asking: What is the lesson I am here to learn? What are the messages I need to pay attention to?

CG: Sometimes we need to go to higher ground to get a clear idea, to see far enough to understand which way to go. How do we get clear enough to know what to do?

LS: One way is to create what I call soul space: a physical environment that is inspiring. It is really strange that we create work environments that are so toxic, literally and spiritually, and so ugly, and then ask people to do inspired things in them. I ask audiences routinely, all over the country, "Let's suppose you have to do the greatest work in your life now, the most inspiring and beautiful work you've ever done, where would you go for that inspiration?" They say the mountains, the river, the forest, the ocean, the sunset, an art gallery. They never say the office. Here we are, asking for extraordinary things to happen, and creating routine and dreary environments in which we expect them to happen. Why should we work in a barren environment? There's no need.

CG: It's hard to keep perspective on what's important. I want an overview, but I also feel like I have to clean out my closet, create new organizational structures.

LS: We're good at creating structures and technology. Pick up The Yellow Pages and you'll find piles of people who will write software to help you run your business. What is difficult is to find people who tell the truth, who keep promises, who understand the importance of having meaning in their work, who create that meaning. People who permit creativity to flourish, who deal with each other with grace and maintain a steady grace with each other on a daily basis.

It's easy to find two people who are twin souls and say, let's automate. It's very difficult to say to two automated persons, let's become twin souls. We know what good technology looks like. But we don't know what a good soul looks like. Most of us can't even articulate what a soul is. Maybe we have a sort of instinctive feeling...

CG: How can we recognize and re-create our souls?

LS: My suggestion is to build a sanctuary. A sanctuary is one other person with whom you have a special relationship, a set of codes and values where you share some of the ideas that pertain to higher ground. For example, you both agree to tell the truth, keep promises, treat each other with grace, and follow the advice that your mother probably gave you before you got married, which was never go to sleep angry with your spouse.

Similar advice applies at work: never leave work angry at a colleague, a customer, a supplier or a partner. If we did that, we would heal things on the day they happen and not let them deteriorate to the next day when, of course, they are much worse. It's about living in a state of grace. If you have a group of people who are passionate, who share a vision of what something should be, who share a set of values and codes and therefore have created a sanctuary, then the structure piece is the easy part.

CG: So having better technology and marketing ideas is not what is most important to success?

LS: That's right. American Airlines invented the Frequent Flyer Program.

They had exclusive rights to that idea for exactly three weeks. Then United Airlines introduced their program, and by a year later, every airline had one.

So we can steal each other's technology and marketing ideas in three weeks.

What will distinguish one airline from another in the years ahead (since they all fly the same planes to the same cities using the same aircraft controls and computers, and all lose your baggage in the same way) is the way the souls that work in a given place relate to the souls they come into contact with every day. That cannot be replicated in three weeks. That's what I call soul distinction. That's going to be the difference in where I work and where someone else works.

For instance, the Body Shop is an organization filled with souls who relate to other souls in a way that other cosmetics and skincare companies don't.

That's the difference. They all sell the same stuff, in the same bottles, do the same job. What's the difference between one eyeliner and another? one cold cream and another? The difference is how you and the person who sold it to you relate to each other.

CG: What's important is the energy of the people you're with.

LS: Right. The thing you've got to guard against, more than anything else, is cynicism. Because we do make mistakes. We shouldn't then say, "All things are bad based on that mistake I just made," because it's not true. There's too much happening on this planet to make that a rule.

Take the example of a woman who has very bad experiences with a succession of men. Gradually, it becomes very corrosive, and she says to herself: "This is a pattern. All men are evil." All three billion of them. Of course, this is irrational. Somewhere out there is the right man for her. She needs to guard against living her life in the lie that all men are evil, because it's just not true. She's had three bad men in a row; she's probably got three good ones coming now. It's just a matter of how they get sprinkled around.

It's the same at work. We end up with

a "bad" employee, who's probably not bad at all, and who, by the way, will be a spectacular success in another location. It's probably you that's not working, not the employee. You should never learn the lesson that all people are evil or bad or incompetent.

Our big, big effort, our most important lesson, is to keep being fresh, knowing that we'll make mistakes and that it's part of the price of success.

It comes with the territory.

CG: What would you most like to say to our readers?

LS: Although there are exceptions, by and large, leaders of modern organizations do not get the message that spirituality is an important piece of the workplace. But ninety per cent of the employees do already have that message.

What we're doing now is starting a movement, a revolution. We need employees to be courageous enough to do that. It's like turning the light switch on.

You turn it seven-eighths of the way on, and nothing seems to be happening, but it is. It's only in the last eighth that anything appears to be happening, but that's not true: it was happening. It's all part of a process.

That's what's going on right now. Employees have gotten seven-eighths of the way. Most people say to me, "What you say, I already believe. What I don't know how to do is articulate it. I need your books and seminars to teach me

Herbal Remedies Supplements Sexual Health Ayurveda Chinese Medicine Naturopathy Skin Care

NATURAL HEALTH magazine presents...

Natural Health Weekend'96

At Seattle's Meydenbauer Center November 15, 16, 17

Join America's Leading Natural Health Experts for An Inspirational Weekend of Interactive Workshops

REGISTER NOW!
Space is limited!
Early Registrants Get Priority
and Save \$50.00
1-800-547-6276

- * Choose from 38 speakers leading 68 different sessions
- * Attend small workshops and intensives with one-on-one interaction
- * Bring your personal health questions and have them answered
- * Meet today's leaders in natural health and alternative medicine
- * Get practical mind/body solutions that can transform your life!

And visit the Natural Health marketplace: books, art gallery, bodyworkers & natural products

For immediate registration and information, call our conference hotline 1 800-547-6276 or call 1 203 319-3630 and ask for Dawn

Featuring a special performance by **Richie Havens**

BASTYR UNIVERSITY **PCC NATURAL MARKETS** **Natural Choice Directory**

Dr. Susan Lark Dr. Larry Dossey John Robbins Dr. Joseph Pizzorno

Spirituality Anti-Aging Therapies Reflexology Women's Health
Breathing Techniques Tai Chi Acupuncture Immunity

SAKYONG MIPHAM RINPOCHE

RESTING THE MIND MEDITATION IN EVERYDAY LIFE Public Talk

Fri Dec 13, Robson Square 7:30 \$10
Workshop
Sat Dec 14, 9-5 (includes lunch) \$60
The Canadian National Institute for the Blind
5055 Joyce St., Van. (near Skytrain)

DISCOVERING THE MAGIC A DHARMA ART SEMINAR Sun Dec 15, CNIB, 9-5 (includes lunch) \$75

Advance registration advised for one day events.

OTHER NORTHWEST EVENTS WITH THE SAKYONG

Victoria Dec 18,
Seattle Dec 26-30, Portland Dec 31

Vancouver Shambhala Centre is pleased to announce a visit by Sakyong Mipham Rinpoche.

In this anxious and chaotic world, resting the mind through meditation makes life workable and enjoyable. Sakyong Mipham Rinpoche is the spiritual leader of Shambhala. For people of any religious tradition or way of life this is a rare opportunity to learn and practice meditation with an accomplished master. Please join us when the Sakyong presents his profound and humorous talks on contemplative practice.

INFORMATION & REGISTRATION (604) 275-1249

w. Then I'll be able to spread the message." It's not a new message. It's how you muster the courage and how do you articulate this? Because people are trying to connect together: first one or two people who form a sanctuary, then a third person who joins them, then four and five. The last person to see it is the leader who comes over and says, "What are these neat people doing? They're making money, and they're having fun, and it looks cool. I'd like to lead that." Pretty soon they very reluctantly get pulled into it.

But it's going to happen that way. It's not likely that a revolution will be started by the leader of the organization walking out one Monday morning and instituting a spirituality program. Unlike the quality program, the re-engineering program, and the customer service program, spirituality in the workplace cannot be thought about that way. It doesn't mean it won't happen; it's just going to happen in a different way.

So the message is: Have the courage to say to the right people, "We need to do things differently."

CG: What are some examples of things we should do differently?

LS: The only people who should hire anybody are the people who have to work with that person, not the "boss." If you have an eight-person rowing team, the coach should not decide who should be the eighth person on that crew. The other seven should make that decision; they've got to live with this person every day.

We must use what I call a soul screen. These are the questions to ask when you're bringing a new person into the company. To what extent does the prospective team member display the following characteristics? Appreciation of the value of you, the other person. Recognition of other people.

Understanding that their needs are equally worthy. A vigorous commitment to the soulful needs of others. A higher concern for people and their intrinsic value and sacredness than for the acquisition, accumulation, and stewardship of material things. A deep dedication to oneself, to continuous improvement, do the same things better, that more than equals the commitment to achieving breakthroughs, doing things differently. Move from competition and fear to love: practicing loving kindness in every aspect of life, based on compassion and generosity, instead of on competition, and aggression.

Using the language of love, rather than the language of war. These must be one of the screening devices.

CG: What about when people are leaving your organization?

LS: Same thing. We must ask the important questions. Have we appreciated the real value of the other person? Have we always been as keen to meet their

needs as we have been to meet our own? Are we meeting the needs of the soul?

Have we created the opportunities necessary for their developmental learning?

It's our responsibility that they're leaving, not theirs. Have we been in the moment? Have we brought a deep sense of joy and contentment to life, derived from the pleasure of being in the moment, rather than from a constant craving for something more, or different, that is based on insecurity? Have we acted with integrity? Has there been an inherent honesty present in all things?

Have all our acts been noble and virtuous with this person? Have we offered this person the spiritual support necessary to nourish personal development and evolution, to assist in the transition from ego and personality to soul?

CG: Is it ever appropriate, fair or right to let someone go?

LS: Unless we've done our own soul work, we have no right to make decisions about when a person should leave. It's not fair to the other human being.

Re-engineering is today's most evil social affliction. We cannot say today that employees are our most important asset, and then fire five hundred of them tomorrow, and then be surprised that they feel betrayed and not trusted.

Clearly, we must say to our people: Now that your skills are no longer relevant in the marketplace and we are not selling things that customers want to buy anymore, I have a responsibility to you to reinvent ourselves so that we do sell things our customers want and you do have a skill that is relevant to the marketplace and you don't lose your work. That's our contract. That's my commitment from my soul to yours.

If I just follow my ego, my personality, I'll say: I can't afford this anymore, we're firing you, bye bye. We'll make more money tomorrow, without you.

CG: It should be more like a marriage agreement than a one-chance meeting at a club.

LS: Absolutely. You're exactly right. It's interesting that you raise that metaphor because my wife and I were talking about this the other night. We have a fabulous and wonderful relationship. I was telling her that re-engineering is rather like me saying: I now have a cooking robot, an inflatable doll and some computer technology that does all the laundry, cleans the house, and makes love—and you're fired.

CG: Because it's more cost effective.

LS: Exactly. Efficient, you know. You can't do that. You don't trash any human being that way; it's unthinkable.

This is what real empowerment is about. As Bertrand Russell has said: "The trouble with Christianity is that nobody has ever tried it." The trouble with reclaiming soul in the workplace is that nobody has ever tried it.

The Brass Ring Is Now Within Reach



- Do you know your potential?
- Are you looking for greater rewards?
- Do you wonder what your realistic alternatives are in the hidden job market?
- Do you ever ask yourself "Is this all there is?"
- Are you seeking a new career but have no idea which direction to go?

We Can Help!

Call now to make your one-on-one appointment for an initial, no cost, Career Analysis at (604) 685-5094.

CCD...the most trusted name in Career Development.

Corporate and Career Development Inc.



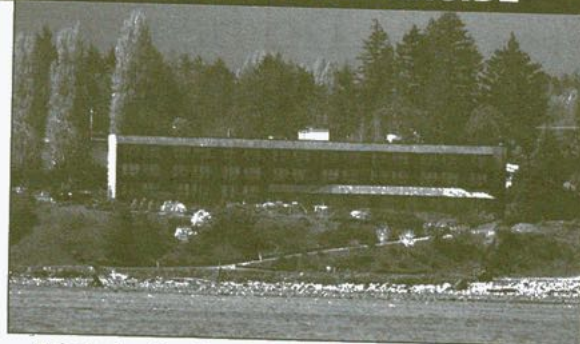
800 West Pender Street, Suite 220
Vancouver, BC V6C 2V6
(604) 685-5094 Fax: 685-6597



Reg. No. 15626

THE GREAT ESCAPE FOR BODY AND SOUL.

BEST BET OCEANSIDE



Premier location for relaxation in the heart of paradise.

Full facility, three-star resort hotel located oceanside in Parksville on sandy beach. We promise you rejuvenation, contemplation and an increased awareness of nature and self. We offer full conference facilities, oceanside restaurant, sports bar, scuba shop, ladies fashion shop and a complete fitness facility with indoor pool, squash and beach volleyball court. Five golf courses nearby.

Packages from \$92.00 per person/double includes breakfast, dinner and more.



240 Dogwood Street
P.O. Box 1720, Parksville, BC V9P 2H5
(604) 248-8333 Fax (604) 248-4689
For Reservations call: 1-800-663-4232



A GIFT

PLUS
AROMATHERAPY,
REIKI,
TWO NIGHT STAY,
TWO
BREAKFASTS,
ONE DINNER
EACH FROM
\$248.00
BASED ON
DOUBLE

A Selection of Principles from Reclaiming Higher Ground: Creating Organizations That Inspire The Soul

There is a great yearning in our hearts. We have lost our souls at work. We are under a spell and have fallen for limited possibilities. We all know we cannot continue without making fundamental changes, but we are afraid to change. How did this happen? How will we break the spell and reclaim higher ground?

People work for more than money and security. They work for recognition, motivation, personal development, to have a sense of meaning, to play, to give service and to build social relationships. In other words, they seek to fulfill their soul as much as their personality. As a result, all of us are being called upon to become the custodians of the human spirit.

Our souls are moved when we know that our work helps us to leave the planet in a better condition than we found it, when we make our work our spiritual practice. Matthew Fox suggests that we each ask ourselves a searching question: "Is my work smaller than my soul?"

Work is not a four letter word. Nor is it just a job. It is as natural as play and we need to deliberately blur the lines between the two because both can be equally joyful and fulfilling. We are in danger of forgetting how to have fun at work. The Soul, just as much as the personality, thrives on playfulness and bliss.

The soul is stirred by its environment. Placing people in sterile, institutional settings withers the soul. The soul is not satisfied until it finds both ethics and aesthetics in a work environment. As Thomas Moore has put it, "If we have plastic plants, we will have plastic thoughts." People and their environment are indivisible. People will deliver inspired performances when they seamlessly integrate with an inspiring physical environment.

The soul is not motivated by war or the fear of losing. Virtuoso performances are romanced from people, not beaten out of them. If we love what we do, love the people with whom we do it, and love the reason for doing it, should we still call it work? Winning is going as far as you can using everything that you have got. No one needs to lose or die in the process; there is too much competition and fear in all our lives already. What we are all yearning for is more compassion, care, sensitivity and integrity.

Rules chafe the soul because the soul naturally migrates to freedom and unity. A highly focused team that shares a passion for an agreed vision and clear values needs few rules. Such a team becomes a coalition of inspired souls, replacing rules, procedures and policies with trust.

All work is teamwork. Since each

team member depends on others, selections and replacements are a team responsibility. Their mutual success depends on it. When team members underperform, it is an expression of failed leadership, a failure to select, lead, teach, motivate, inspire or coach adequately. But we all share the responsibility with the leader to regenerate and augment each other. This is essential in maintaining team excellence and a Soulful workplace.

Traditional hierarchical and functional structures create "silos" of information, generate negative energy, impair communications and weaken individual and organizational potential. Eliminating corporate toxicity caused by conflict, power and fear enables individuals to work without cringing. By focusing on the positive power of spiritually reinforcing language and words in all written, verbal and visual communications, we can regenerate individuals and their organizations so that the souls of customers and employees are drawn to them by their positive experiences.

There are two ways to grow: innovation (doing things differently) and *kaizen* (a Japanese word for doing the same things better). These subtle and different parts of creativity energize outstanding people, their organizations and their souls. Organizations that suppress creativity at work are denying a fundamental right of the soul. The soul yearns to evolve and to be free. Creativity is a powerful source for both.

Mastery sets individuals apart. It does the same for organizations.

Since mastery is achieved through learning, the survival and personal development of individuals, and therefore their organizations, depends on a powerful commitment to learning.

Ownership connects the organization with its lifeforce: the soul of the individual. Separating the source of capital and wealth creation from the source of its production is like separating a tree from its roots. Equity inspires the soul.

It's time for us to freshen our thinking about profits. Profit is like oxygen: essential for our survival, but not the point of our existence.

Financial performance is the personality's way of measuring profit, but the soul measures profit, too. If we build soulful businesses, the profits will come.

Lance Secretan is an internationally acclaimed motivational speaker and seminar leader, and author of the best-selling "Reclaiming Higher Ground: Creating Organizations that Inspire the Soul." For more information, contact his home page at <http://www.secretan.com>.

"One of the most important scientific philosophers of this century."

TIMOTHY LEARY

raw

Robert Anton Wilson

TUESDAY NOVEMBER 19 96

Orpheum Theatre

TICKETS \$18

Granville Books

White Dwarf Books

TICKETMASTER

charge by phone

2 3 0 - 4 4 4 4

BOOK

CO-OP

102.7FM

CJAS

CiTR

101.9 FM

www.citr.ca

CS

SUNRISE

BRINGING YOU THE FUTURE

HELLERWORK TRAINING



Would you like to become an independent professional providing a valued service?



Are you looking for a deeply satisfying career?



Do you want to work intimately with people on a physical, emotional, and spiritual level?

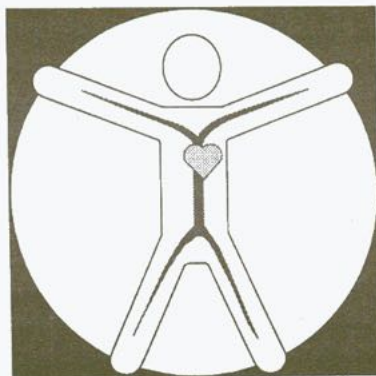


Enjoy the challenges of being a pioneer in a field that recognizes the unity of body mind.

Next Hellerwork Training begins April 1997.

Call
NW HELLERWORK
(800) 604-4449

HEALERS AT WORK BY PETER DOWNIE



Do healers really heal?

Long-time CBC journalist and host Peter Downie asks eleven successful healers to recount true stories of how and why they heal. Explore how heart, soul, mind, and body come together in true healing.

Hardcover 224 pages 6 x 9"
\$29.95 ISBN 1-55145-080-1



Available at your local bookstore
Or call 1-800-299-2926

Northstone

*"You are not a human being having a spiritual experience.
You are a spiritual being having a human experience."*

THE ULTIMATE FOOD

To Nourish
Your Body,
Mind &
Spirit

Are you searching for a way to connect spirituality and physical reality? Are you looking for a career that reinforces your life's purpose? You invest time and energy in your spiritual well being, but you cannot evolve spiritually when your body is out of balance.



Super Blue Green™ Algae is 100% wild grown and harvested without harming the environment. This 97% assimilable food gives us virtually all the vitamins, trace minerals, amino acids and beta carotene that our body needs to function at it's optimum level.

Super Blue Green™ Algae helps to bring your body into balance and perform the way it was meant to. It may detoxify, nourish and rebuild your body all at the same time. Some of the benefits you may receive are increased physical energy and stamina, strengthened immune system, improved digestion, and stronger mental clarity. Many Algae users have reported clearer meditations, more vivid dreams and a higher overall awareness and sense of well being!

After you have started taking Super Blue Green™ Algae you will most likely want to tell others about your fantastic experience with the products. That is why Super Blue Green™ Algae is sold through direct-marketing, on the principle of "Right Livelihood and Wealth Redistribution" - making a positive contribution to society by helping to improve the lives of others. If wealth is redistributed to enough people who want to help others and help the planet, there will be positive change in the world.

Phone, E-Mail or Write to me and for no obligation
I will send you:

FREE information about this extraordinary approach to health, happiness and success.

985-6019 or 1-800-718-2990

Kathy Verigin - Independent Cell Tech Distributor
3894 Lawrence Place, North Vancouver, BC V7K 2X2
E-Mail: larryv@direct.ca

hundreds of people. He also started developing all kinds of herbal teas and herbal remedies which he used to help cure people. He became very successful.

At the same time, he didn't abandon modern science; for example, he was very much into working with different kinds of X-rays. X-rays were brand new then, and he was constantly experimenting with them. But there was no protection in those days from radiation, and he damaged himself quite a bit.

He passed on pretty fast at age sixty-eight, in the late 1930's, just before the war. A few hours after his passing, a letter came from the Doctors Association in Germany saying that they wanted to take his doctor title away for practicing quackery because he was into natural remedies. But it was too late; he had passed on already. He never found out about that one.

CG: And his son, your father?

TG: My father was nine years old when my grandfather passed on. When the war ended, my father was sixteen, and my grandfather's organization no longer existed. My father joined with his brother Hans and a few friends to start up production again.

CG: Were herbal remedies embraced or suppressed in Germany during the war?

TG: Everything was finished; nobody took herbal teas or remedies anymore.

Only after the war did herbal remedies slowly start to be used again. War is a terrible thing; nobody ever won in a war.

CG: How did your family survive the war?

TG: My family consisted of my father and his brother. Just as they were supposed to be sent to the Russian front as gun fodder, their mother, my grandmother, died. They were able to return home for the funeral, and while they were home, my father was wounded. By the time he recovered, the war was over, so he never had to go to Russia. Most people who were sent to Russia never returned. So my father's life was saved by his mother's death. Perhaps it was through divine interference that he was protected.

CG: And he restarted your grandfather's business?

TG: Yes, with my mother, in Europe.

CG: How and when did you get involved in natural remedies?

TG: I never really felt at home in Europe, so starting in the 1970's, I made trips to America. Sometimes I worked for my father at the early health food shows in the States. I liked America; I loved the freedom I found there.

Then I decided to go to medical

school. My grades weren't good enough to get into a German university, so I applied to the University of Vermont and was accepted. I left Germany in 1979 and lived in Vermont for eight years.

At university, I changed my career to nutritional foods. I became very interested in alternative treatments and in vegetarianism. I saw how senseless it is to eat meats, how much energy and effort is required to feed cattle and other

animals, and how little energy value humans get from eating these animals. I also saw how many pesticides and chemicals were used in raising animals and it really appalled me. Then I looked at the ethics: why should we kill an animal to sustain our own life? So I changed my diet and became vegetarian. While in school, I was also inspired to do research in the Orient on ancient food cultures. American professors are very good: if they see a student wants to learn and is a little bit

radical, they help you tremendously. They become like your friend; you can talk and become close, and they will give you the freedom to learn as you choose. Of course, if you don't want to learn, you'll get less out of school in America because there is less discipline than in Europe.

In Europe, the professor is way up there and the students are way down here and there is an unbridgeable difference. European schools run a really tight ship and you have to perform, but it doesn't leave much room for creativity.

I was very blessed to work closely with my American professors, and they inspired me to research how vegetarian foods were used in ancient cultures.

So I decided to take research trips through the Himalayas and Little Tibet and Kashmir, all over India and into mainland China. China had just opened for individual travel; I was one of the first to travel there solo.

CG: What year was that?

TG: It was 1983. I traveled all over on local buses and trains, with only a backpack. It was an amazing experience just to see that people are people. It doesn't matter what color skin you have: people are all the same, with the same aspirations, the same kindness and love. It's wonderful to see that we are one big family. We should respect each other. And the majority of people are beautiful!

I had wonderful experiences, visiting different monasteries, learning from various spiritual teachers and living in several ashrams. I felt that I had not grown up especially religious. My

Flora: See page 38

OUR 70TH YEAR



**DOMINION
HERBAL COLLEGE**
ESTABLISHED 1926

Courses

Chartered Herbalist Home study
CLINICAL HERBAL THERAPIST
Est 1989. Classroom & Clinic (BC & Ont)
Clinical Phytotherapy Four year tutorial
Clinical Phytotherapy
Specially structured for physicians
Master Herbalist Program Thesis
Apprentice Programs
Phytomedicine for Pharmacists
Clinical Aromatherapy

Herbal Clinic

Full service herbal therapist training clinic
Reasonable fees. By appointment only.

521 5822

7527 Kingsway Burnaby BC V3N 3C1
Fax 526 1561 email herbal@uniserve.com
http://www.uniserve.com/herbalhome.html

GLOBAL HERB



SOFTWARE

**SPECIAL \$399
SAVE \$400**

The most
comprehensive
herbal software
available.
Energetics, dosages,
contra-indications
and more.

Windows/Win95/Mac

**With Global Edit
\$499
(Ends Nov 30th)**

A simple test could save your life

3 vitamins are a treatment for specific heart disease risk.

By David Steinman

For 55-year-old Joe Sanchez, an electrical engineer, everything seemed to be going so right in his life. At Sanchez's annual check-up, his physician informed him that, yes, everything looked very good indeed: his cholesterol was low; he had a good ratio of protective high density lipoproteins (HDL) to low density lipoproteins (LDL). What's more he had no hypertension; he didn't smoke, never had. He had no family history of heart disease. This was not a man expected to suffer a heart attack or stroke.

Still, last year, in the early morning while lying in bed, Sanchez felt a tightening in his chest and then shortness of breath. He woke his wife and told her very calmly that he was having a heart attack. She called the ambulance and he laid down and waited to die.

He didn't. Several days passed in intensive care and several more weeks were dedicated to smoothening his heart and assessing the damage. But the important thing was that he was alive. Yet, weeks later, on reflection, Sanchez had to keep asking himself how the world a guy without any clinical signs of heart disease could have suffered a heart attack. It just didn't add up, and it wasn't even fair.

The answer may well have laid in the fact that Sanchez, indeed, had one of the signs of heart disease—an elevated concentration of the toxic amino acid homocysteine in his blood. Homocysteine (also variously spelled as homocystine or homocyst(e)ine in various scientific articles) is such a recent indicator of heart disease risk that Sanchez's physician had not even considered its assessment in his most recent physical. In essence, a major coronary disease risk factor had simply gone unnoticed. The tragedy is that, for most people, elevated homocysteine is a risk factor that can easily be modified, potentially preventing a fatal heart attack or disabling stroke.

"It used to be with a patient like Joe Sanchez (not his real name) that we would just shrug our shoulders and say, 'Well, I don't know where this heart

attack came out of,'" notes Victor Contreras, M.D., chief of staff of Santa Paul Memorial Hospital in Ventura County. Indeed, Contreras's observation is confirmed by Harvard researcher Meir J. Stampfer, M.D., writing in the February 2, 1994 *New England Journal of Medicine* (NEJM) who observes,

"...for most people, elevated homocysteine is a risk factor that can easily be modified, potentially preventing a fatal heart attack or disabling stroke."

"High serum cholesterol levels are an important risk factor for coronary disease, but most patients with [heart attacks] have normal cholesterol levels. Despite considerable advances in our understanding of the causes of cardiovascular disease, the established risk factors cannot fully explain its occurrence."

Today, Contreras and, slowly, other doctors too, are becoming acutely aware of this newly

emerging risk factor for heart disease. Over the next few years, concern over elevated homocysteine levels will be gradually entering the lay and scientific consciousness much as HDLs and LDLs also have over the last few decades. The amount of evidence incriminating elevated homocysteine levels is both accumulating and constant. Stampfer notes in his NEJM editorial, "Remarkably consistent findings have emerged from more than 20 case-control and cross-sectional studies of over 2000 subjects indicating that patients with stroke and other cardiovascular disease tend to have higher blood levels of homocysteine than subjects without disease."

Among the most recent studies:

- In April 1990, Bruce M. Coull, M.D., and co-investigators reported in *Stroke* the results of their study that even "moderate hyperhomocyst(e)inemia is an independent risk factor for stroke."

- In a 1992 report in the *Journal of the American Medical Association* (JAMA) by Stampfer and co-investigators, homocysteine concentrations only 1.7 mmol per liter, or 12 percent, above the upper limit of normal were associated with a 3.4-fold increase in the risk of heart attacks.

- In the October 25, 1994 *Stroke*, P. Verhoef and co-investigators reported results from some 536 physicians that indicated elevated homocyst(e)ine levels

free yourself
transform your body



Natural Neighbours whole foods

low prices guilt free foods
organic produce bulk herbs
vitamins minerals
friendly staff free delivery
mon - sat 9am-8pm sun & holidays
10am-6pm
discount for seniors

2582 west broadway
7 3 1 - 4 0 1 0

COUPON

Rice Dream
\$1.69 each

Sunday
Nov. 17th & 24th
11:00am to 4:00pm

Max 12 per coupon

15% off

All
Purchases

Sunday
November 17th

Sun Feature Vancouver's Original Wheatgrass Juice Bar Fresh organic juices made to order



ULTRA PRIM

Evening
Primrose Oil
1000mg
Reg. \$32.95
Now only \$16.48
500mg
Reg. \$19.95
Now only \$9.95



Glucosamine
Sulfate 500mg
60 caps/ \$21.65
Now only \$ 10.95
90 caps/ \$31.25
Now only \$15.65



Bring this Ad
for 1oz. FREE
WHEATGRASS
JUICE



3642 West 4th
7 3 8 - 5 7 0 2



UDO'S CHOICE®

Formulas For Ultimate Health

UDO'S ULTIMATE OIL BLEND

Certain fats are essential for our health, which is why they are called essential fatty acids. These must be obtained in a specific ratio to be utilized effectively by the body. Ultimate Oil Blend is a balanced combination of certified organic, unrefined oils with added nutritional ingredients.



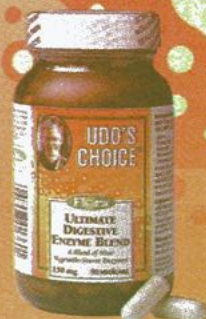
"This superior oil meets all our essential fatty acid needs to support health," says Udo Erasmus, author of *Fats That Heal* and *Fats That Kill*.

Now available in capsules.

UDO'S ULTIMATE DIGESTIVE ENZYME BLEND

Optimal health begins in the digestive tract. Ultimate Digestive Enzyme Blend in Vegicaps® provides a full spectrum of high-potency plant enzymes to replace those destroyed during food preparation.

"Everyone whose diet includes cooked or processed foods can benefit from additional enzymes." — Udo Erasmus.



Available at quality health food stores.

Flora

Herbal Solutions For Living Well

VANCOUVER HOSPITAL

& Health Sciences Centre

We offer the following services on an outpatient basis.

Therapeutic Touch are offered to patients at Vancouver Hospital as part of nursing practice.

1. INDIVIDUAL TREATMENT SESSIONS FOR THERAPEUTIC TOUCH AND HEALING TOUCH

2. EDUCATIONAL SESSIONS: THERAPEUTIC TOUCH

BEGINNER: November 21
Feb 1, 1997
INTERMEDIATE: Jan 27/97

HEALING TOUCH

Level 1: Nov 14 & 15
Level 2A: Feb 3 & 4
*special program with Janet Mentgen

SKILL BUILDER (PRACTICE SESSION)

Nov 14 to Dec 5
Jan 30 - Feb 20

HEALERSHIP

FEB 6, 20, 27, MAR 6, 1997

STRESS REDUCTION

Jan 16, 1997

RISE ABOVE

(Self-care techniques for people experiencing chronic pain)

Eight evening sessions, Jan 9/97



Gift Certificates Available

HEALING TOUCH CENTRE

For further information about registration and program or treatment fees, please contact:
the Healing Touch Centre 875-8284

appear to be predictive of stroke risk in men with normal blood pressure and who were 60 years or younger. Although the results never reached statistical significance, "increases in risks of 100% and 70%, respectively, were observed for men in the upper 20% of homocyst(e)ine values."

• In the February 2, 1995 *New England Journal of Medicine*, Jacob Selhub, Ph.D., and co-investigators used ultrasound equipment to measure the degree of narrowing of the carotid arteries, a condition known as carotid stenosis, and found that men and women with the highest homocysteine levels were twice as likely to have narrowing of the arteries as those with the lowest levels. The significance of this finding is clear, they noted, since the carotid arteries are responsible for delivering blood to the brain, and their narrowing is predictive of stroke risk. Moreover, they observed that fasting homocysteine levels are on average 31 percent higher in patients with heart disease than in normal patients.

The emergence of this newly recognized risk factor is very positive finding, especially since elevated homocysteine levels can be corrected through dietary intervention. As J.M. Gaziano writes in the September 26, 1994 *American Journal of Medicine* heart disease "remains by far the leading killer of men and women in the United States, despite a 2% per year decline over the past 2 decades . . . Heart disease is responsible for one of every three deaths in women as well as men. Thus, any intervention that can reduce [such] risks could have a tremendous public health impact among adults."

In the optimally functioning body, homocysteine is only an intermediate point in a metabolic pathway that starts with consumption of foods rich in the essential amino acid methionine. At the end of this pathway, methionine generally is metabolized to cysteine, note Nonglak Pancharuniti and co-investigators in 1994 in the *American Journal of Clinical Nutrition*.

For this conversion to be completed, however, requires the help of an enzyme called cystathionine synthetase, and the coenzyme pyridoxal phosphate, notes McCully. If this metabolic pathway is stymied, homocysteine accumulates in the blood and exerts a toxic effect on the inner linings of the body's vessels.

Three members of the vitamin B complex family folate (also known as folic acid), vitamin B₆, and vitamin B₁₂ enable full conversion to take place. The important insight gathered from the Selhub study is that these vitamins tend to be found at very low levels in an aging population.

There are several causes of elevated homocysteine levels. The most common is dietary deficiency. (A less likely cause is a rare genetic enzymatic defect.)

If ever there were a heart disease risk factor that would fit neatly into a full-fledged and very legitimate advertising campaign for a company that sells dietary supplements, it would be the crucial need for so many people to use such supplements to insure adequate amounts of these B vitamins for reducing elevated levels of homocysteine and consequent risk of a heart attack or stroke.

For those people who prefer to derive their dietary nutrients from food, it is important to recognize those rich in these particular vitamins. Earl Mindell, R.Ph., Ph.D., author of the *Vitamin Bible*, notes that foods rich in folate include deep green leafy vegetables, carrots, tortula yeast, liver, egg yolk, cantaloupe, apricots, pumpkins, avocados, beans, and whole and dark rye flour. Vitamin B₆-rich foods, reports Mindell, are brewer's yeast, wheat bran, wheat germ, liver, soy beans, cantaloupe, cabbage, blackstrap molasses, unmilled rice, eggs, oats, peanuts, and walnuts; those rich in vitamin B₁₂ include liver, beef, pork, eggs, milk, and cheese.

It is also important that concerned patients consider having their own homocysteine levels determined and taking steps to reduce elevated levels—even in the absence, or presence, of other overt signs of heart disease, says Contreras. He points out that doctors and patients alike can become lulled into a false sense of security that all their bases are covered even if they are being treated for traditional heart disease risk factors. "If you don't, you could get blind sided," Contreras says. "I believe testing for homocysteine levels should become a standard aspect of preventive medicine and definitely will be the way to go in the future."

Generally, levels above around 11.4 mmol can increase risk for coronary disease, according to the 1995 *NEJM* study. Indeed, as the 1992 *JAMA* report by Stampfer and co-investigators indicated, homocysteine concentrations only 12 percent above the upper limit of normal were associated with a 3.4-fold increase in the risk of heart attacks. This means that even being a little bit on the high side of homocysteine can translate into significantly increased risk for heart disease.

Contreras says most doctors aren't yet incorporating such testing into their standard practice. "It is new behavior," he says. "It is taking all of us, patients and doctors alike, awhile to begin thinking in this new way. Certainly, if someone has had a cardiovascular event without any of the traditional risk factors, determining their level of homocysteine is important to prevent a recurrence."

David Steinamn, M.A., is author of "Diet for a Poisoned Planet" and co-author of "The Safe Shopper's Bible." He can be reached at P.O. Box 97073, Washington, D.C. 20090

Common Ground RESOURCE DIRECTORY

15 Events
15 Ongoing Events
16 Meeting Places
16 Books & Music
16 Business Services
& Career Opportunities
17 Education & Certification
20 Food & Nutrition

20 Health, Healing
& Bodywork
23 Intuitive Arts
23 Looking Good
23 Marketplace
23 Martial Arts & Yoga

24 Psychology, Therapy
& Counselling
27 Restaurants
27 Spiritual Practices
27 Relationships
28 Time Out & Travel
28 Women's Section
28 Victoria & Islands

EVENTS

"I recommend it without reservation."

—John Bradshaw



**HOFFMAN
QUADRINITY
PROCESS**

Truly a life changing experience:

This is a 7-day residential intensive program for healing the wounds of childhood, letting go of negative Self Defeating behaviors, releasing anger, experiencing forgiveness and self-acceptance.

"The Hoffman Process is perhaps the most effective method I know for releasing your original pain and connecting deeply and joyously with your soul."

—Joan Borysenko Ph.D, author

For your detailed brochure or further information contact: **Hoffman Institute**
Ocean or Steve Donahue (604)918-1506 or
Toll Free in B.C. 1-800-463-7989

Cosmic Consciousness
Purpose Directing
Thought
God
Consciousness



Where do you stand as a Sovereign, Autonomous Identity in God Consciousness? When "Trinity" as "Principle" is understood, experienced and known then Right Action of Wisdom Supports Our Whole World. The Melchizadek Orders are in Manifestation. 5th dimensional Consciousness Education

Masters of Whole Light reaching to You. East meets West.

Satsang: Every other Saturday: by Donation
2 day Workshops: \$222 Max 12 Perceptive skills made Practical.

Merkabah is Real • Result is your thoughts in Order as Powerful action. "Mystery" is only

Man's Mortal Concept.

294-6408

Sheorrah Deva Melchizadek

Morningstar

For Crystal Clear Consulting



**ESP
PSYCHIC
EXPO**

Exposition of the Paranormal

The ESP Psychic Expo is coming to the Vancouver Trade and Convention Centre on January 10, 11, & 12, 1997. With exhibitors from across Canada and the States, the ESP PSYCHIC EXPO will present live demonstrations of psychic powers including a daily

mentalism show. Exhibitors include the very best, hand picked clairvoyants, astrologers, palmists, numerologists and other practitioners of the paranormal sciences. Holistic Health and New Age will also be featured.

Call for exhibitor information

1-800-851-6717.

Email: dn@caribphoto.com

Check out our Web site

<http://www.caribphoto.com/psychic.htm>



**Find
Work
You
Love™**

Marlene Haley
B.A., M.Ed.
Career Counsellor

- Discover hidden passions & talents
- Transform career self-sabotage patterns
- Make positive lifework decisions
- Counselling: days, evenings & Saturdays
- On-going one day workshops
- Affordable Fees (Visa & M/C accepted)
- Gift certificates are available

Call today! **Conscious Career Choices**

203 B - 2678 West Broadway

VANCOUVER (604) 737-3955



John Korpi,
Founder

**Korpi
Release
Method**

"I highly recommend his work!"

- Sandy Levey,
International Seminar
Leader

LEVEL I: Method and Process—Integrate this method with your practice and revolutionize the benefits to your clients...from Reiki to Roling. Beginners welcome! Certification. Call for dates.

LEVEL II: Technique—hands on Learning sequence of moves. Video overview, manual and certificate included.

To register call **986-5513** (see Bodyworkers listing for more info).



The Philosophers Stone - It's History and Meaning. A presentation by the Rosicrucian Order (Vancouver Lodge). A lecture followed by an open discussion. 8:00 pm. Tuesday November 12, at 3851 Willow St., Vancouver (at 23rd). A Public Event - Donations accepted - Info 224-2413

CHINMAYA MISSION VANCOUVER PRESENTS A LECTURE SERIES ON MEDITATION by Swami Chidanada, July 15-21, 1996. Guided Meditation will start each session. Texts—

evening: Geeta 6; a.m.: Panchadashi. For details call Raj Kapahi, **433-3441**, Robyn Thompson, **738-04452**, or Naud Jethi, **433-4976**.

ONGOING EVENTS



**Personal Power
Coach
Dov Baron**

coaching you to mental,
emotional, financial &
spiritual success.

You have read the books, taken the workshops, done the tapes, in many ways life is good: it's not like you don't know what to do. You just need a truly dynamic person who can move you to places in your life you know you have to go. This takes someone who knows people inside out, what makes them tick, someone who could motivate the dead. That person is

Personal Power Coach Dov Baron. Dov has over a decade of experience worldwide working with individuals and groups who achieve massive results. Dov also offers high powered **Get-Your-Butt-In-Gear** workshops.

'Destination Happiness'. Find out why you have what you have in your life, and how to get what you want.....now!

'Beyond the Jurassic relationship' How to get beyond the dinosaur style relationships we have been conditioned for, to the new 'conscious' relationship for a new millennium.

Lots of laughter, no fluff & big results guaranteed. "quit farting around, call now!"
436-2063 or 266-4566

ONGOING EVENTS



VISION OF SELF IN ALL AND ALL IN SELF

Through Self Inquiry

Experience Self through creative expression, reflective writing, meditation and challenging inquiry. Learn where and how you can apply your new insights to daily life through **Self Inquiry** workshops.

Vision Quest is an intensive 4 days of painting focused on freeing the flow of your

Creative Energy and working with personal symbolism.

Masks of God is a weekend of mask making focused on deepening your experience of who you are.

Mandala is 10 weekly sessions working with a medium of choice focused on exploring the

transcending and healing power of Self.

Self Inquiry workshops have evolved through Bob Papau's yoga practice, experience as an artist and teacher. He has been a yoga student of Swami Sivananda Radha's work for many years.

For more information call Bob at 420-5761 VANCOUVER.



PSYCHIC VIBRATIONS?

Date: Thursday, Nov. 7, 1996. Time: 7:00 p.m.
Place: Douglas Recreation Centre, 20550 Douglas Crescent, **LANGLEY**.

For more information, call **534-8855**.

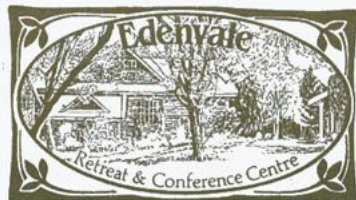
Sponsored by:

The Rosicrucian Order AMORC.

<http://www.rosicrucian.org>.

To announce your ongoing events in this section, and reach a quarter million readers of Common Ground call 733-2215 or 1-800-365-8897.

MEETING PLACES



Edenvale. A community situated on 120 acres of farm and forested lands in the Fraser Valley.

- Country Conference Centre.
- 25 years experience in serving the public in a quiet efficient manner.
- Attention to special needs.

- What you need we provide.
- Flexible, gracious, helpful.
- Food: home-cooked, organic in season from our own gardens. Tailored to your diet. Vegetarian or meat.
- Staff: inobtrusive / efficient.
- Swimming pool and sauna.

- Everything included in one package.
 - Clean air, lots of space, lots of green space.
 - Private or shared rooms.
 - We welcome you fully.
- Call **856-3388** fax **856-3298**
or write: 4330 Bradner Road, **Matsqui**, B.C., V4X 1S8. Laura Fisher

"FOR RENT"

A Beautiful

SEMINAR ROOM

Quiet & peaceful street near park.
23rd bet. Cambie & Oak (Vancouver)

- Available days, evenings, and weekends; comfortable chairs, carpeted and cozy, full kitchen, sound system, side yard.
 - For workshops, lectures, dayclasses, retreats, seniors events, spiritual & self help groups, etc.
- (ample parking) **875-9279 or 224-2413**

CENTRAL SEMINAR ROOM/OFFICE

COZY, CARPETED ROOM, SEATS 40.
Available 24 hours, seven days/week. Natural/dimmer lighting, parking, beverage facilities, good energies.

Healing room: part/full time. Reasonable rates. Inner Garden Activity Centre, 535 West 10th Avenue (at Cambie). **(604) 875-8818**.

MEETING ROOM

Attractive, large, bright group room with wheelchair accessibility. Available for week-ends and evenings. Weaver Institute, 17th & Dunbar, **VANCOUVER, 224-0365**.

SEMINARS, BANQUETS, RETREATS

Two locations: **Vancouver or Bowen Island**
• Retreats or workshops, this private, comfortable & scenic Bowen Lodge holds up to

43 guests overnight.

- Meeting rooms ideally located next to Joyce Skytrain & free parking. Catering available.
- 431-2070**

BOOKS & MUSIC



FREEDOM QUEST

Metaphysical
Products Inc.

RE-DISCOVER YOUR POWER

With Your support and Feedback we have opened a Unique and Diverse Personal Development store offering Books, Tapes, Videos, Music, Candles, Oil Lamps, Incense, Posters, Cards, Gifts, Healing Tools, Light Enhancers, Gemstones, Elixirs, Mind Machines and other

unique products & gifts.

We carry over 50 different blends of incense including the popular scents of Maharaj & Transcendence. We specialize in subliminal products. We also offer to the public Ascension tools: Sacred Geometry Cubes, Pyramids, Beamers, Solarizers and more.

We buy used metaphysical books. Come and experience the radiation of our healing tools.

FOR A NEW DIMENSION
IN SELF-EXPLORATION
2680 West Broadway, **VANCOUVER**
Phone (604) **733-3207** Fax (604) **733-3209**



Metaphysical Bookstore
120, 12031 FIRST AVE. RICHMOND
(STEVESTON)

Enter The Enchantment at Serendipity's Backyard. Uncover the secrets of healthy living in our abundant selection of books, crystals, gems, aromatherapy, candles, gifts, vitamins & more. Take time to stop and smell the flowers in this garden for the soul.
Open 7 days **(604) 275-1683**.

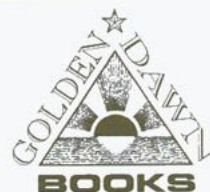


Wellness/Metaphysical Resources

- Books, Cassettes, CDs, Incense, Tarot
- Crystals, Magazines, Cards, Rental Videos
- Weekend Readers, Evening Events, Psychic Fairs May & October. OPEN 10 - 5:30 (8pm Fri) 11 - 4 Sun/Holidays. 1111D Austin Ave., **COQUITLAM** V3K 3P4 Call for our calendar of events **939-6000**



For the largest selection of books, tapes & CDs in Spiritual Traditions, Metaphysics, Mythology, Psychology, Relationships, the Healing Arts, Nutrition, Ecology, Native Wisdom...
Mail Order 1-800-663-8442. Free Catalogue.
2671 W Broadway,
VANCOUVER, BC V6K 2G2.
Books: 604-732-7912. Sound: 604-737-8858.
Hours: M-F, 10-9; Sat. 10-6; Sun. 11-6.



New metaphysical bookstore now open at 610 Robson Street. Specializing in books on Astrology (in-house astrologer), Eastern and Western religions, Wicca, self-discovery and wellness. We also offer tapes, aromatherapy, cards, incense and Jane Iris jewellery. Come experience peace.
662-4161 / 1-888-240-1100

BUSINESS SERVICES & CAREER OPPORTUNITIES



Tim Louis & Co.
Barristers & Solicitors
108 - 2182 W. 12th Avenue.
Vancouver B.C. V6K 2N4

We are a neighbourhood law firm that offers experienced assistance in many areas of the law from personal injury/ICBC to Wills &

Estates.

In some areas of practice we are pleased to offer a contingency fee agreement. In other areas we

will provide you with a fixed fee quotation.

Please contact **Tim Louis and Company** to book an appointment. We offer free initial consultations. **Phone 732-7678**.

BUSINESS SERVICES & CAREER OPPORTUNITIES

www.lotusproject.com



NEW AGE RESOURCE CENTER
(619) 445-9306

FREE LISTINGS ON THE WORLDWIDE WEB:

- Workshop/Seminar Leaders
- Retreat Centers
- Worldwide Events
- Metaphysical Publications
- Healing Schools & Organizations
- Tours and Adventures
- Eco-Organizations
- Holistic Services & Businesses
- Metaphysical Products

- Large Searchable Databases on all of the above

We have Associations for all of the above categories that can do marketing, booking and promotion. Example: Workshops/Seminar Leaders—The Lotus Project™ promotes, markets and books you WORLD WIDE. We locate the appropriate Retreat Centers and the geographically/topically suitable publications for your advertising. We place you in

"Upcoming WorldWide Events" for the most exposure on the WWW. We distribute a Workshop/Seminar Leaders directory to worldwide Retreat Centers, Event Planners, Expos, and at other major events. The L.P. also maintains databases of Potential Attendees for your Event and has Hosts & Promoters in key cities to facilitate your Event.
(619) 445-9306 voice or (619) 445-7917 fax
Email: mail@lotusproject.com

GORDON DOUGLAS

Certified General Accountant
681-1197

My preferred area of practice is assisting self-employed individuals and owner-managed businesses to better understand the vital signs of their business and to both reduce both the hassle of dealing with Revenue Canada and the amount of taxes payable.

Taxation has become one of the largest

expenditures of self employed individuals and because of Canada's continuing deficit problems, Revenue Canada is becoming more and more creative in its attempts to extract more tax revenues from these individuals.

The services that I offer clients goes beyond the basic services of the preparation of the

annual financial statements and tax returns to include being a resource person for my clients and creating defensible taxation strategies for them.

For Appointment please call Gordon Douglas, 681-1197, 2nd Floor, 827 W Pender Street, VANCOUVER, BC, V6B 3G8.



(604) 796-0133

"From The Earth Builders" design and build houses that are Healthy, Sustainable, and Energy Efficient.

We use natural materials in our structures which minimizes indoor pollutants and contributes to a greater sense of well being and comfort.

"From The Earth Builders" is an innovative ensemble of talented craftsmen and creative designers. We are ready to work with our clients at any stage of their building project.

Our specialties include Timber Framing, with traditionally crafted joinery, Log, Post and Beam, and Straw Bale construction.

Straw bale construction is a proven environmentally friendly building system. Its superior insulative quality and breathability provide warm fresh interior air. Straw Bale has an excellent fire rating and once plastered has a beautiful old world look.

BOHDI DESIGN

Complete Home Design
266-6176

A group of designers and engineers who see that, through prudent use of the finite global resources and energies, we can achieve the highest standard of living with the lowest impact on our shared environment. We offer our services to create this process for our clients, corporate, government and private.

Solar heating, cooling and energy conservation

- Complete design and engineering services
- Consultation for residential and commercial applications
- Design for passive/ Solariums, active and hybrid systems
- Specification and supervision

Complete site climate analysis, for solar, wind and hydro.

- Energy available at site via testing and available data
- Load analysis
- Complete computer service, system management, analysis, and financial analysis, R.O.I.

Client list available. Over 4000 solar projects since 1973. Canada, United States, Hawaii. 1984 Citizen Ambassador China. 266-6176.



CARS BY HANK

Need Advice on buying your next car?

I sell the finest used cars in B.C.

I will only sell makes and models that my 37 years experience with cars have proven to be dependable. D8984

Call Hank Melanson 739-8494.



INFINITE DYNAMICS CONSULTING



We offer consulting services to individuals and business organizations who wish to transcend conventional business management strategies. We will assist you in rediscovering and "real"izing your own sources of vitality, creativity, natural inspiration and insight. Call Bert at (604) 858-6848. (First consultation free.)

BOOK STORE (and coffee house) - Maple Ridge. Investors or Sale. In business 6 years, great potential, lease in place. Tel: 466-1927.

HIGH INCOME POTENTIAL -

See our listing in Health, Healing and Bodywork.

EDUCATION & CERTIFICATION

CANADIAN ACUPRESSURE INSTITUTE INC.



The Uniqueness of this acupressure school is in the integration of the body, mind and spirit. Focus is on traditional oriental theory and techniques in conjunction with Western psychotherapy approaches and underlying these concepts a respect for Taoist philosophy which honours each person's path.

The Institute offers two eight-month diploma programs that will entitle graduates to certification through one or more professional associations.

JIN SHIN DO PRACTITIONER PROGRAM
SHIATSU PRACTITIONER PROGRAM
Both curriculums which include anatomy,

counselling and clinical experience are 725 hours instructed from September to April.

Financial assistance may be available.

For information/calendar:
C.A.I.I. #301 - 733 Johnson St.,
VICTORIA B.C. V8W 3C7. Ph: 604-388-7475.



BC NLP INSTITUTE

ERICKSON COLLEGE

Great Opportunities

The most comprehensive advanced NLP Training in the world is offered right here in British Columbia!

Erickson College provides education in advanced human change technologies and effective psychotherapy.

Presenting

- The quality and value of college education.

- Opportunities created by the recent development of Solution-Focused Counselling technologies - including the integration of Ericksonian Hypnosis, Jungian Psychotherapy, NLP, Timeline, and Brief-Focused Family Therapy.

- Programs leading to academic diplomas in a wide range of professional areas.

- Reasonable Tuition. Committed to develop-

ment of Learning Communities throughout the world. Our prices reflect our commitment.

• Marilyn Atkinson, President, RPsych, Ericksonian Hypnotherapist, NLP Master Trainer resides in B.C. An NLP visionary, Marilyn is an innovator with impact. Over 30 International NLP Institutes use her procedures.

(604) 879-5600



Heartwood Institute

Heartwood Institute

Unique among schools anywhere, Heartwood Institute offers an environment of total immersion in learning and healing. Our residential trainings are practical preparation for careers in the healing arts and powerful growth experiences. Non-U.S. citizens studying at Heartwood are eligible for student U.S. visas.

Massage Programs approved by the AMTA Commission on Massage Training Accreditation/Approval: Holistic Health Practitioner

- 1000 hours; Advanced Massage Therapist - 750 hours; and Massage Therapist - 570 hours.

Somatic Therapist Program (750 hours) for persons interested in the body/mind aspects of massage.

Three-month practitioner trainings are provided in Swedish, Deep Tissue, Polarity, Neo-Reichian Massage, and Zen Shiatsu Acupressure.

For information concerning the programs

above, call our Admissions Office, 707-923-5002.

A year long schedule of one- and two-week trainings is offered for continuing education, advanced study, entry level training in bodywork and Oriental healing arts, and personal growth.

For information, call our Intensive Co-ordinator at 707-923-5004. Heartwood Institute, Ltd., 220-CG Harmony Lane, CARBERVERVILLE, CA 95542.

For upcoming events, check the Resource Directory and Date Book in Common Ground.

EDUCATION & CERTIFICATION

Reiki TRAINING AND SUPPORT

Richard R. Rivard
Reiki Master/Teacher

Learn to give Reiki

to yourself, family and friends. A powerful and gentle healing energy, Reiki is easily learned in one day. Reiki feels deeply relaxing and works to balance the physical, emotional, mental and spiritual you. **Classes include Tera-Mai Reiki.** Call for pamphlet "What is Reiki?"

Already practicing Reiki?

Increase your energy with a Tera-Mai Reiki upgrade. Or learn interesting techniques like scanning, beaming, crystal grids, aura surgery, healing attunements, additional symbols in Reiki I, II, III and Master Level.

Classes held monthly in:

Reiki I - \$125 Reiki II - \$150
Reiki III - \$175 Reiki Master - \$550
Reiki Intensive Weekend - \$400
Learn Reiki I, II, and III plus many useful techniques in this powerful, healing weekend.
(604) 876-1809.



加拿大中醫學院
**CANADIAN
COLLEGE OF
TRADITIONAL
CHINESE
MEDICINE**

The Canadian College of Traditional Chinese Medicine offers a three-year full-time **Diploma Program** in Traditional Chinese Medicine which meets or surpasses all current North American licensing standards. The curriculum includes TCM theory and diagnosis, acupuncture, herbology, Chinese massage and Western sci-

ences. Part-time Diploma studies begin September, 1996. **Certificate Programs** in Acupuncture, Herbology and TCM for professionals with health care related degrees or certification, commence May, 1996.

The College is associated with **Evergreen Acupuncture** which provides student clinic facilities

supervised by professor/practitioners. Early Registration deadlines:

Diploma Programs
CCTCM, 201-560 West Broadway,
Vancouver, B.C. V5Z 1E9
Tel (604)879-2365 Fax (604) 877-0095



The Victoria campus of the International College of Traditional Chinese Medicine offers a comprehensive four-year program, with the academic studies finished in 3 years. The focus is on traditional Chinese Medicine and includes all aspects: TCM diagnosis and treatment of Internal Medicine, herbology, acupuncture, gynecology, skin disease, Qigong

diet therapy and exercise. Clinical observation begins in the first year, hands on practice during all school years with advanced clinical studies arranged in china during the fourth year. Small classes with high-quality students and instructors are emphasized.

The college maintains a close relationship with colleges and hospitals in China. Experi-

enced Doctors and professors are invited from China on a regular basis to provide additional lectures and classes in areas of their expertise. Financial assistance may be available.

For additional information contact
The International College of Traditional Chinese Medicine, 769 Pandora Avenue, Victoria, BC V8W 1N9 telephone/fax (604) 388-4266



Aromatherapy Certification

Courses recognized by the Canadian Society of Professional Aromatherapists, the Canadian Federation of Aromatherapists, the Canadian Board of Health Care Practitioners Inc., and all provincial societies. Standard course in Aromatherapy using Essential Oils teaches practical applica-

tion through hands on technique. This is an internationally recognized curriculum of Aromatherapy taught by a practicing Aromatherapist with membership in provincial, Canadian and International associations, who has grads practicing in countries other than Canada. The setting is a professional, business location geared

to a de-stressful learning situation.

421A 6th Street, New Westminster
(604) 521-7670 Member of B.C. Association of Practicing Aromatherapists. We also do Aromatherapy treatments, ear candling treatments, courses and have both types of supplies. Become a "Preferred" Oil Customer.



**Western
Aromatherapy
Holistic Center**
604-930-2122

Launa Boire, R.A.M.T., invites you to attend her School/Clinic! North America's **most accredited diploma Aromatherapy courses** recognized by national and international bodies such as: CSPA, CEBHCP, IFHT, AIA, and all provincial societies of Aromatherapy.

On-going classes include European Lymphatic Drainage and are taught in limited

class size for personalized hands-on training with essential oils. Extensive Anatomy & physiology is also taught to prepare students in application of treatment. Designation bestowed upon course graduates, available from The Canadian Examining Board of Health Care Practitioners Inc.

Other courses available: **Advanced**

Aromatherapy training by Colin Paddon; internationally recognized curriculum of **Reflexology**; International **Aesthetics** training from a holistic viewpoint; **Aromatherapy** (interest only); **Ear Candling**.

Aromatherapy/Reflexology treatments and supplies available.



**Continuing Education
New Westminster**

Douglas College

Natural Health & Healing Alternatives
Alternative or complementary healing methods, many of them thousands of years old, are being rediscovered and practiced in society today.

Douglas College offers courses on Acupuncture, Aromatherapy, Art Therapy, Astrology,

Bach Flower Remedies, Creativity and Healing, Dream Discovery, Ear Coning, Energy Awareness, Food Allergy and Intolerance, Global Heart Warming, Healing Touch, Health Food Store/Wellness Consultant Training, Herbology, Living with Chronic Disease or Pain, Meditation, Natural Approach to Weight

Loss, Naturopathic Medicine, Neuro Linguistic Programming, Nutrition, Psychic Phenomena, Qi Gong, Reflexology, Reiki, Sensory Awakening, Stress Release, Tai Chi, Vibrational Medicine and more. Certificates issued.

Free info sessions. Call **527-5049** or **527-5046** for a detailed brochure.



**PACIFIC
Institute of
REFLEXOLOGY**

Reflexology is taught as an intuitive healing art. Courses are designed to provide a structure that supports you in developing your own intuitive sense of reflexology. A holistic orientation prevails.

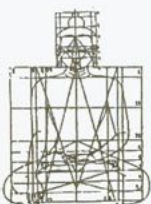
Holistic Reflexology: An Introduction
Informational evening talk and "hands-on" presentation. \$10. See "Date Book"

Basic Foot Reflexology Certificate Courses
Twenty hours of expert instruction plus forty practicum hours prepare you to practice foot reflexology competently. Both "evening class series" and "weekend workshop" formats available. \$250. See "Date Book"

Advanced Reflexology Certificate Courses
These courses provide the opportunity for

you to refine and expand your knowledge and skills to enhance your effectiveness practicing reflexology.

For registration or information:
Pacific Institute of Reflexology
535 West 10th Avenue/Cambie,
VANCOUVER, B.C. V5Z 1K9
(604) 875-8818



**The Institute
for
Embodiment
Training**

Will Johnson

Become Who You Are
Embodiment Training is a technique to get in touch with your natural self. Our culture encourages us to live in our minds and override the felt awareness of our bodies. Embodiment Training reverses this process.

As we learn simply to be ourselves, a radical transformation of consciousness occurs, and we access the profound physical comfort,

clarity of mind, inner peace, and luminous vision of the embodied state.

Weekend workshops and Ten-Day Professional Trainings (the next trainings: April 14-25, Victoria; May 12-23, Edmonton) are regularly offered. All trainings are taught by Will Johnson, Certified Emeritus Rolfer, author of *Balance of Body, Balance of Mind* and *The Posture of Meditation*.

The **Ten-Day Professional Training** will

teach you the basic skills that will enable you to begin guiding clients into the embodied state. This training is appropriate for bodyworkers, psychotherapists, spiritual practitioners, and anyone who is sincerely committed to the ultimate nurturing of self and others.

For information contact **The Institute for Embodiment Training**, RR2, COBBLE HILL, B.C. V0R 1L0, Phone/Fax **(604) 743-5971**.



**Tri
Connect**
P S Y C H I C
S E R V I C E S a n d
E D U C A T I O N

Meditation for Developing Your Psychic Abilities Correspondence Course
Designed for those of you who are serious about developing your psychic abilities and intuition, contacting your spirit guides and strengthening your connection to a higher power filled with light and love.

Study Guides & Kits

Spiritual Cleansing & Protection, Card Reading, Dream Interpretation, Candle Energy Kit, Ear Candling Kit.

Intuitive & Inspirational Guidance

Receive gentle, caring, non-judgmental spiritual guidance in the form of an intuitive

reading by mail or let our psychic artist "tune in" to your energy and draw any guiding entities helping you on your life path!

Free brochure: **Tri-Connect**
602-80 Ontario Street North
Milton, Ontario L9T 4Z6
Phone/Fax: **(905)875-0371**

When looking for special educational opportunities,
check the Education & Certification listings in Common Ground.

EDUCATION & CERTIFICATION



APPLIED
PSYCHOPHYSIOLOGY
INSTITUTES

Clinical Biofeedback Certification: 9-day 70-hour intensive workshop, limited to 12 participants, nationally prominent faculty, each program conducted by 6 or more faculty, approved by Biofeedback Certification Institute of America, \$1625.00 **Clinical Biofeedback Practicum:** 3-day hands-on workshop immediately following certification course, multimodality training with computer-based

instrumentation, \$600.00 **Neurofeedback Certification:** 4-day hands-on practicum for ADD/ADHD, substance abuse, depression, post-traumatic stress syndrome, \$795.00. **Respiratory Psychophysiology Workshop:** capnometry (CO₂) and oximetry (O₂) applications in behavioral medicine, e.g., anxiety, panic, and phobia disorders, \$395.00. **Location:** beautiful retreat setting on Bainbridge

Island, WA (35 minutes from Seattle). **Schedule:** each program held 3 to 4 times per year. **Applied Psychophysiology Institutes:** international reputation with 15 years of professional education offerings in behavioural medicine and biofeedback. TOLL FREE (800) 645-8099, TEL (206) 842-8228, FAX 842-8371, INTERNET api@halcyon.com



NEURO-LINGUISTIC
PROGRAMMING with



Dale & Nadine Hanchar
CERTIFIED NLP TRAINERS



PROGRESSIVE
EDGE PLUS
NLP INC

CERTIFICATION TRAININGS WITH HEART.

- NLP (Neuro-linguistic programming)
- Time Line Therapy™
- Hypnosis and Counseling Practicums

"NLP may be the most powerful vehicle for change in existence." -Modern Psychology Invest in yourself, you are your own best asset. Skills for managers, trainers, communicators, health professionals, counselors and anyone who seriously wants to improve their quality of life.

NEW! NLP Practitioner Certification.

A new versatile format that fits anyone's schedule!

1. Attend one of our two-day workshops (in Nanaimo, Vancouver, Victoria, Calgary or Kelowna).
2. Complete our new Home Study Program

(cassettes, manual and exercises).

3. Then Participate in our experiential seven-day Accelerated Program and complete your certification (in Victoria, Vancouver or Calgary).

Two-day Workshops.

1. Your Unlimited Potential.

In this life you don't get what you want, you get what you communicate, so create communication excellence in all that you do!

- Kelowna, Nov. 9, 10
- Vancouver, Feb. 22, 23

2. The Five-Step Sales Process - Sales and negotiations for the 21st century.

What makes this training different is that it's not just motivational, it includes practical, usable skills you can apply immediately. It's not just informational, it's experiential. So

you can achieve desired results and win/win solutions when negotiating!

- Vancouver, Nov. 31-Dec. 1
- Vancouver, March 22, 23

- Thinking of becoming a counselor? Check out our Four-Course Package and Save \$1,000!

Register now for savings. Free information packages.

1-800-449-4657

Progressive Edge Plus NLP Inc.

A registered Private Post-Secondary Education Institute

315 - 1105 Pandora Ave.,

VICTORIA, BC, V5V 3P9

Fax: 604-380-4657

E-mail: pepnlp@islandnet.com



Canadian College of
Acupuncture and
Oriental Medicine

The Canadian College of Acupuncture and Oriental Medicine offers a Diploma of Traditional Chinese Medicine over three years (full-time). The curriculum includes Traditional Chinese acupuncture, herbology, acupressure and Western sciences. The College features a

full clinic, low student/teacher ratio and experienced faculty.

Established in 1985, the CCAOM believes that Chinese medicine has a significant capacity to enrich and broaden the practice of health care in a way that is unique, yet

complementary to the Western perspective. **Financial Assistance may be available.**

Application deadline: June 30 for annual September registration. For a calendar send \$5 to: CCAOM, 855 Cormorant Street, Victoria, B.C. V8W 1R2

Tel: (604)384-2942, Fax: (604)360-2871



THE ACADEMY OF
CLASSICAL ORIENTAL
SCIENCES

A FOUR YEAR FULL-TIME
DIPLOMA PROGRAM

NEXT ENTRY JAN '97
1-888-333-8868

The Academy of Classical Oriental Sciences offers a four year full-time Diploma program in Traditional Chinese Medicine, in Nelson BC. ACOS re-integrates TCM as taught in the Peoples' Republic, with a pre-cultural revolution 400 year old family tradition. The program includes the acquisition of the language, which deepens the ability to understand and research TCM in it's original world view, and opens the possibility of

further study in China.

All components of TCM will be covered, including: Acupuncture, Moxibustion, Tuina (massage), Qigong/Daoyin, Diet/Nutrition, Herbology, Mental-Emotion Therapy and Counseling, History/Philosophy, and the complete study and understanding of medical theory from the common cold to cancer. The Western medicine component ensures capable communication with other health care

professionals and meets the present requirements for licensing.

Check our Website at <http://www.netidea.com/~acos/> for up-coming Post-graduate Studies, Professional Development Seminars, On-line Internet Courses and Summer Intensives or reach us at ACOS, 533 Baker St., NELSON, B.C., V1L 4J1, voice 888-333-8868 or 604-352-5887, (fax) 604-352-3458, Email acos@netidea.com



The Kootenay School of Rebalancing

is now offering it's 11th six-month certification course beginning September 15th, 1997 in Nelson B.C., a beautiful city on a lake in the mountains.

Rebalancing is a wholistic bodywork method. The training includes deep tissue techniques, joint release, emotional work, anatomy, body

awareness through movement, breath energy work, and meditation. During the course, these areas are explored and developed not only in order to apply them with others, but also intensively within oneself. Deep personal unfoldment is an essential aspect of the process. The course is an excellent opportunity to build a vocation and for self-transformation.

Space is limited and an interview is required. Please contact us for a list of practising Rebalancers, and for more info.

Kootenay School of Rebalancing, Box 914, NELSON, B.C. V1L 6A5 Phone 1-888-354-4499, Fax (604) 354-1770, Email ksr@awinc.com, Website ksr.grathis.com



TWO RAINBOWS CENTRE in Cultus Lake offers • **Polarity therapy retreats:** wholistic bodywork. Energy balancing. • **Certification Trainings** start Fall and Spring. Basic workshop, level one and two. • **Private Trainings** designed for you. Prevention, Alternative healing. • **Consultations.**

Call Teri Jensen 858-8963.



North American
Homeopathic
Master Clinician
Course

The North American Homeopathic Master Clinician Course with Louis Klein R.S. Hom. comes to Vancouver! An exciting and intensive course with weekend seminars. Open to all backgrounds. For information call 604-947-0757 or fax 604-947-0764.

Common Ground

The December/January issue features Health, Healing and Technology.
For information on advertising call 733-2215.

EDUCATION & CERTIFICATION

FINDING TRUE MAGIC

TRANSPERSONAL
HYPNOTHERAPY/NLP



Institute for Therapeutic Learning

Certification Trainings. Comprehensive Eastern & Western synthesis: Regression, Timeline, Ericksonian, Subpersonalities, NLP, Archetypes, Treatment planning. Over 8 years quality instruction to international student body. Free brochure: **Jack Elias, Institute for Therapeutic Learning, 9322 - 21st Ave. NW, SEATTLE, WA 98117, CALL (206) 783-1838.**

SHIATSU SCHOOL OF CANADA
CAREER TRAINING IN SHIATSU & ACUPUNCTURE. • Shiatsu therapy diploma (Japanese finger-pressure) – 2200 hours over 18 months, full-time, starts every September. • Post-graduate acupuncture program – 350 hours over 14 months, part-time, starts every

January. Email us at Shiatsu@istar.ca Phone, write, or fax: 547 College St. **TORONTO**, Ontario, M6G 1A9. (416)323-1818; toll free 1-800-263-1703; Fax: (416) 323-1681

AROMATHERAPY
CERTIFICATION PROGRAMS
with updated British Materials & Technical Researched Manuals, Theory & Practical Hands-on. Recognized by the International Aromatherapists & Tutors Association. Call Jean Adams Aromatherapy 604-689-8196

AROMATHERAPY EDUCATION: THE INSTITUTE OF CLASSICAL AROMATHERAPY
Aromatherapy programs bases upon the British model. Clinical Aromatherapy. Live and Correspondence programs available. Contact Jade for a complete brochure: 604-267-7433.

THE MORGAN INSTITUTE OF HYPNOTHERAPY
Diploma course in becoming a practicing hypnotherapist. Ours fit individual needs. Course comprises of text books, handouts, lectures, and hands on experience. For more information call 254-9875

AROMATHERAPY & BODYWORK CLASSES
12-Week Certified Training
Aromatherapy, Swedish, Facials, Shiatsu, Reflexology, Group Rebirthing. Call 263-5204.

SUPERLEARNING* INC.
Stressless! Triple Fast, Endorphin-powered learning systems!
Created by the authors of *Superlearning*, *SuperMemory*, *Superlearning 2000*.

Supercharge mind/memory/potentials. Superlearning* Music; high-frequency sound; smart nutrients. Master facts, figures, languages, skills, sports, improve health, expand creativity! Ideal for Homeschooling.

FREE book/tape Offers! Catalogue. Write: #105-1290 W. 11th Ave. **VANCOUVER, B.C. V6H1K5** Tel: (604) 731-4569 Fax: (604) 734-690, www.geocities/HotSprings/1391

INTERNATIONAL COLLEGE OF TRADITIONAL CHINESE MEDICINE
See our display ad in this issue.

FOOD & NUTRITION

NATURALLY GROWN GINSENG.
Grown on virgin land under wooden lath shade. **NO HERBICIDES. NO FUNGICIDES.** **WHOLE ROOT.** \$20/oz includes G.S.T., plus

\$2.50 Shipping & Handling. Send cheque or M.O. to: Willow Springs Farm, P.O. Box 1293, Lillooet, B.C. V0K 1V0 Members: S.T.O.P.A.

HEALTH, HEALING & BODYWORK



**PACIFIC
Institute of
REFLEXOLOGY**

Enjoy Deep Blissful Relaxation!
Reflexology is taught and practiced as a potent, safe way to: free stress and tension, relieve pain, improve circulation, and facilitate the body's healing processes. Gentle, soothing stimulation of foot, hand or ear reflexes revitalizes your whole body. **Private Sessions**
Enjoy the healthy benefits of therapeutic half-

hour sessions: \$25. **Student Clinic:** Tuesday evenings, sessions only \$12. Revitalize yourself, you deserve it. Book your appointment now! **"Recreational Reflexology" Video Guide**
Enjoy pleasurable, quality time with your family and friends following expert guidance to foot reflexology sessions. Only \$29.95 for endless enjoyment!

Training
Certificate courses prepare you to practice reflexology competently. \$250. See: "Pacific Institute of Reflexology" Education Listing. Books, charts, "MASEUR" sandals and self-help tools available.
535 West 10th Avenue/Cambie **VANCOUVER, B.C. V5Z 1K9. (604) 875-8818.**



**Vancouver
Acupuncture &
Chinese
Herbology Clinic**

ICBC claims accepted

This Clinic is under the direction of **Jian Chen Bristol**. She practiced as a medical doctor in both traditional Chinese & Western medicine in Shanghai, China.
She worked in both clinical and hospital settings for ten years before establishing her clinic in Vancouver six years ago.

Through her knowledge of both traditional Chinese & Western medicine, she is better able to understand and treat her clients.
Jian Chen Bristol has been a guest lecturer on Chinese medicine at UBC. She is a member of the Traditional Chinese Medicine Association of B.C. She now also offers a

service on emotional health and mind/body balance (see counseling section).
Vancouver Medical Building
#404 - 1541 W. Broadway (at Granville)
Vancouver, Tel: 739-8287



*Deborah's
Holistic
Bodywork*



Immerse yourself in an atmosphere of quiet meditation music, heated towels and personalized aromatic oils.
Through bodywork sessions you'll relax the mind & body, unleash physical and mental tension, and increase circulation while re-energizing from the inside out.
Your 2-hr. session consists of Aromatherapy,

Swedish strokes, Reflexology, Polarity, and Shiatsu Acupressure. Clients continually comment on how personalized & complete the sessions are.
When we take the time to relax, let the stress go and let the mind stop churning, our bodies speak to us. Many times we can make decisions pending, answers come and confusion ceases.

Lymphatic Drainage Treatment: A deeper massage technique that rids the body of toxins & boosts the immune system. A relaxing and excellent remedy for fatigue, feeling toxified & rundown. Also encourages weight loss if desired.
Infant Massage Classes Available.
I am passionate and true about my work.
You'll feel the difference! Call Deborah: 739-3926

CHINESE TRADITIONAL HEALING

• Qi Gong • Acupuncture
• Acupressure • Herbal Medicine

Qi Gong Master Zhang Dian Tong is a former physician of the Heilong Jiang Chinese Medicine Research Centre of China and the China National Naval Hospital.
Treatments:
Dr. Zhang offers Qi Gong, herbal remedy, acupuncture and massage treatments to cure

a wide range of ailments, including back, shoulder and neck pain, inexplicable pain, stomach problems, allergies, skin problems, accident injuries, paralysis, mental fatigue, low energy, infertility, impotence, rheumatism, arthritis, diabetes, tumors, cancer, and complex illnesses. Qi Gong Classes: He also

offers classes in Qi Gong for Self-Strengthening Purposes and in Healing and Medical Qi Gong Treatment Techniques. He will answer any complex Qi Gong questions.
His clinic is located at 206A-2525 Pine Street, VANCOUVER, B.C., V6J 3E8. (604) 731-2202

EVERGREEN ACUPUNCTURE 常春中醫針灸治療所

Evergreen Acupuncture
offers a variety of alternative therapies in its quest to provide complementary health care for the informed consumer. These therapies include acupuncture, Chinese and Western herbology, Chinese massage (Tui Na), Qi Gong, nutritional assessment and counselling, reflexology, skin care and Bowen Technique.

Fully qualified practitioners of these healing arts staff the clinic. Evergreen Acupuncture is also associated with the **Canadian College of Traditional Chinese Medicine** and it provides student clinic facilities for the College. Professor/practitioners and visiting specialists provide treatment and supervise students on special clinic days.

Clinic Associates
Dr. David Chu, Janet Yu D.T.C.M.
Sarah Orłowski M.H., Jo White M.H.
Mark Elwood B.A., Tamara Boschmann B.Ed., H.H.P.
EVERGREEN ACUPUNCTURE
203-560 West Broadway, VAN., B.C. V5Z 1E9
(604) 876-2144

When looking for health, healing and bodywork practitioners, check the listings in Common Ground's Resource Directory.



SKIN DISEASE SPECIALIST

Dr. Andy Zhou
MD Degree of Traditional Chinese Medicine, graduated in 1982, 14 years experience in this special field in China, UK, & Canada. Using Traditional Chinese herbs as ointment combined with internal herbal treatment.

Specializing in:

- Eczema
- Psoriasis
- Skin Rash
- Skin Allergy
- Skin Itching
- Athlete's Foot
- Herpes
- Acne
- Hair Loss
- Vitiligo

Please Call:

The Centre for Traditional Chinese Medicine
#306 - 1701 W. Broadway
(Medical Building)
VANCOUVER
Tel. (604) 351-6918



Hi! I'm Yvette Eastman, founder/director of Touchpoint and author of the internationally best selling book and 2-hr video, "Touchpoint Reflexology, The First Steps." I invite you to master Reflexology, using Touchpoint's easy-to-learn methods. Even though our Certificate Seminars are intense, you will learn the newest techniques in a fresh, gentle, fun ambience becoming a proficient Reflexologist.

Touchpoint Reflexology, Level 1, Certificate Seminar is presented bi-annually in the

Vancouver Area.

Next dates, May 17 - 19 '97

Touchpoint Reflexology, Level 2 - Nov. 8-9, **Level 3**, Nov. 10-12 **New! Reflexo-K**, Dec. 7-8. Enhancing my book, is a complete home study program, 2 hr video, audiotapes, charts, Dial-a-Reflex for hand & foot. Touchpoint will also have an Internet Learning Program in the Fall. Check website at:

<http://shared-vision.com/touchpoint/index/html>

Touch For Health 1-4 Cert. Seminar presented

Easter and Labour Day weekends.

In my private consultations in my new Belcarra office, 25 min. from downtown Vancouver I use Reflexology, different Kinesiology, as well as the modern computer technology of the **Omega Acu-Base** to help you determine causes of problems & their corrections. There is help for allergies, fatigue & more. Children & animals welcome! **936-3227** in metro-Vancouver, **800-211-3533** out of town, email: touchpnt@npsnet.com



KWAK'S TRADITIONAL CHINESE MEDICINE CLINIC
Dr. Fred Kwak

- B.A. in Traditional Chinese Medicine
 - licensed oriental medical doctor since 1981
 - member of Korean Acupuncture Society
 - member of Korean Oriental Medical Doctors' Association
- Treatments Include:
- acupuncture
 - moxibustion

- cupping method
- Chinese herbal medicine
- sterilized disposable needles only
- infrared lamp

Fred is an experienced, sensitive practitioner whose treatments assist the natural healing process in one's body by strengthening the immune system. Emphasis is placed on the

importance of good nutrition, relaxation of the mind and body, the value of breathing and how exercise can work to benefit your wellbeing. All of these work in conjunction to balance the Qi or vital energy and bring about harmony. For an appointment

Ph. (604) 872-1227 603 E. Broadway, **VANCOUVER, B.C. V5T 1X7** *very reasonable rates*



NaturoMed HEALTH CLINIC



Dr. Brian Martin

NaturoMed Health Clinic Provides:

- Chronic Disease / Immune Support
- Botanical/Nutritional Medicine
- Ozone Therapies
- Specialized Women's Health Care
- Corporate Health Consulting
- Cardiovascular/Adrenal-burnout support

Complete Modern Lab Work and Speciality Tests such as:

- Allergy / Sensitivity Testing
- Mercury, Lead Screening
- Digestive/Parasitology Panels
- Osteoporosis/Menopause Screens
- Hormonal Panels

NaturoMed Health Clinic also has Colonic Hydrotherapy, Therapeutic Massage, and Physiotherapy.

NaturoMed Health Clinic, 681-8380
#200-440 West Hastings, **VANCOUVER BC**
Late night & Saturday Appointments Available.



Transformational Bodywork

DEVAKI DRACHE

TRANSFORMATIONAL BODYWORK combines sensitive touch with verbal interaction to help bring unconscious material into consciousness. When muscles relax and the breath deepens, buried tension, memories and feelings may surface and be released. You are then free to relax and let go into a deep and

ongoing sense of Peace - your birthright.

In addition Devaki offers soothing and revitalizing bodywork, drawing from Esalen, Swedish, pressure point, and intuitive approaches.

Devaki Drache, Registered Clinical Counsellor, has California certification in massage, and is a Practitioner of Rosen Method Body-

work. She has been in practice for over 20 years and it is her deep connection with spirit/essence which facilitates her work with people.

For appointments call **222-2054**. Sliding scale.



WEIGHT LOSS

Brian Britton
M.D., C.C.F.P.

This weight loss method dispenses with externals such as diets, scales, calorie counting and complex menu plans. Clients learn to connect weight loss behavior to powerful personal

energies to experience the total joy of weight loss.

Obesity is a storage behavior/metabolism triggered by various types of scarcity.

"Clearing the clutter" (negatives and incompletes) sets the stage for abundance.
(604) 734-7046



Tahmineh Nikookar

- Acupuncture
- Acupressure
- Tuina
- Aroma Pressure
- Cupping
- Moxibustion

All are natural Therapeutic Methods and are important means for treating: migraine headache, neck, shoulder, elbow and wrist pain, sciatica, depression, insomnia and many more with no side effects.

Single-use needles

For appointment please call: (604) 985-4979
I.C.B.C. claims honoured.



Chinese Acupuncture Acupressure and Herbal Medicine Clinic

3288 Cambie St, V5Z 2W4
437-0863

Dr. Edward Zhu MD, China TCM Degree, University of China. Member of Acupuncture Ass'n of BC. ICBC Claims accepted. Specializing in sports injuries, muscle strains, neck & back pain, joint injuries, rheumatism, arthritis, spur, neuralgia, cervical vertebrae, stroke, paraplegia, stress, insomnia, neurasthenia, headache, enhance immunocompetence.



QI GONG THERAPY

ACUPUNCTURE HERBAL MEDICINE
New clients save 20% with this ad

Fei Che, M.D. (China), practiced Traditional Chinese medicine in China before going to Japan where he obtained his Shiatsu License and worked in medical research. 11 years experience. Member of Acupuncture Association of B.C. 1865 Marine Dr. W. Van
926-0238 320-1200 Burrard St. **VANCOUVER**



WHITE WAVE COLON THERAPY

Lighten up your body, mind and spirit with intestinal rejuvenation and well-being services. Featuring: colonics, Trager bodywork, massage, nutritional counselling, energy balancing, ozone, fasting support and chlorophyll, coffee or wheatgrass implants. Call me now! **Karen Shea**-certified experienced Practitioner. **222-1863**

HAVE COMMON GROUND MAILED DIRECTLY TO YOU!

Enclosed is: ☐ \$5 for a single copy (specify issue #)

☐ \$33 (26 US) for one year (10 issues) beginning with # _____

Prices include GST, handling & postage.

Make cheques or money orders payable to:

Common Ground, Box 34090, Stn. D, Vancouver, BC V6J 4M1

Name: _____

Address: _____

City: _____

Prov: _____

Code: _____

VALERIE KEMP

739-9916

CRANIAL SACRAL THERAPY
VISCERAL MANIPULATION

An eclectic approach in order to provide you with the most complete treatment:

- Cranial Sacral Therapy • Visceral Manipulation
- Somato Emotional Release • Chakra and Energy Balancing • Myofascial Release • A.R.T. Office in Kitsilano, Vancouver, 739-9916



THE HEALING TOUCH

Anne McMurtry, Ph.D
Reiki Master

I offer healing sessions blending Reiki, crystals & gemstones, channelling, sacred sound, aromatherapy and colour healing.

Past Life Regressions and deep trance work also offered. Workshops in Reiki I, II & III, Crystal and Gemstone Training offered on-going. Please call 734-8219

Y.W.

Chinese Herb & Acupuncture

Dr. York Wong, M.D. (China)
Acupuncture & Herbal Specialist

- A consultation with the Traditional Chinese Medical Sciences
- Acupuncture & Acupressure
- Western and traditional Chinese Herbal patent medicine & healthcare products
- Education on Chinese herbal medicine diet 3288 Cambie St. VANCOUVER (604) 873-9682. Call Dr. Wong

The ancient art of Ayurvedic combined with homeopathy, a most effective natural system for healing the mind, body, and spirit. Alternative potent formulas prepared by the most experienced Ayurvedic and Homeopathic physicians. Effective results provided for all Chronic health problems.

Dr. Dhinsa, BAMS, AMD, DHM, AC. 323-1400
201-6445 Fraser St., VANCOUVER, B.C.

INDIA AYURVEDIC HOMEOPATHIC CLINIC



Wisdom Inspiration Action

Cathryn Wilder, M.Ed., Dip.C.



Move to the rhythm and the music of your soul. Join in exploration, a seasoned practitioner, who combines with heart, business and counselling learnings. Creatively discover more of your deeper life rhythms. Clarify your boundaries, Redefine self-responsibility, Enhance your relationships, Engage in your life with vitality. For consultation and workshops call 738-9133.



- Professional Quality Portable Tables
 - Satisfaction Guaranteed
 - Seven Year Warranty
 - Affordable/Made in BC
- Call Today for a FREE Brochure:
1-800-397-9957

FREE 3 Day Trial!



The Most Effective Air Purifier Available Today.

Portable electronic units send ozone and ions into your indoor environment, replenishing your air like Mother Nature does.

- Typical indoor pollutants: • smoke • mold odors • dust • mildew • bacteria • chemical gases
- To arrange your free 3 day trial, and for further information, please call (604) 889-1777.
- Distribution Opportunities Available.

ENJOY PREGNANCY AND CHILDBIRTH
I will provide you with ancient wisdom from the Caribbean Islands blended with modern western knowledge and my many years of experience in the field of child bearing. Call Chandra, R.N.S.C.M., 469-8483.

NATURAL THERAPY CLINIC—Specializing in colon therapy, detoxification and massage. Blood, hair, and electrolyte analysis available for nutritional balance. Home or office visits arranged to serve client needs. Colon therapy information and training sessions offered to suitable individuals. 871-3362

ENERGY BALANCING

EACH SESSION INCLUDES:

- Past Life Releasing (release of emotional blocks & energy fragments)
 - Light & Sound healing (Chakra balancing)
 - Reiki & the Universal Technique
- For information call Jude at 224-7154

ALERT AND ALIVE - VAL KONOPLIFF
Iridology & Rayid — taught and practiced for 8 years. Herbs, Flower Ess., Moxi sticks, Essential Oils, used and explained.
Tel: 525-3245



The Alexander Technique is a method of mental and physical re-education which has the effect of reducing unnecessary tension in all human activity. It teaches you how to use your body to its best advantage. Information: The Alexander Technique Centre, #303-2515 Burrard (at Broadway), VANCOUVER, 737-2818.



879-0899

Relaxus has the largest stock of tables, oils, and accessories for sale, rent or lease. Student and professional discounts. Come by our showroom 9-5 weekdays or call for more information. Don't forget to pick-up your FREE sample of Holly oil. Located in VANCOUVER at 2020 Manitoba Street (4th & Manitoba).



Anna Wyman School of Dance Arts

Providing the best dance training to all ages and ability levels

EXCITING ADULT DANCE PROGRAM - DAY & EVENING CLASSES

Ladies & gentlemen of all ages, shapes, sizes & ability levels - enjoy conditioning & creative movement for poise, posture, strengthening and relaxation. Classes in Contemporary, Ballet, Stretch & Strength, Flamenco, Yoga, NIA & Hip Hop. Registration began Monday August 26th. Phone for more info: 926-6535. 1457 Marine Drive WEST VANCOUVER, BC, V7T 1B8



Korpi Release Method

"I highly recommend his work!"

- Sandy Levey

Advanced technique combining deep bodywork with the breath, resulting in the permanent release of chronic pain, suppressed emotions and rigid belief systems. Founder, John Korpi, offers private sessions, courses and free demonstrations. For dates or appointments call 986-5513.

Anne Robert R.N.

R.M.T.

Christmas Gift Certificates



Massage therapy is helpful in treating stress, headaches, low back pain, and more. Partial coverage is available from MSP and Extended Health Insurance.

Seventeen years nursing experience preceded my four years as a Registered Massage Therapist. #209-1965 West 4th Ave. 730-1037.

ALERT AND ALIVE PRESENTS



ESSENCE OF NATURE CANADA
WINNER OF THE "AROMARK" OF PURITY AWARD

WHOLESALE - MAILORDERS

105 oils, 14 base oils in 5, 10, 30, and 50 ml sizes plus related products in Bath and Body Care.

For a free catalog and price list phone or fax (604) 525-3245, 2170 Hillside Ave., COQUITLAM, BC, V3K 1L2.

QUALITY PORTABLE BODYWORK TABLES by COX DESIGN

Easy Setup; lightweight, sturdy. Adjustable legs and facerest. Travel Covers, Static Tables. 100% Canadian. Five-year guarantee. (604) 385-5757, FAX (604) 360-0892. Box 8344, 714 Yates St., VICTORIA, V8W 3R9.

ENERGY BALANCING

EACH SESSION INCLUDES:

- Past Life Releasing (release of emotional blocks & energy fragments)
 - Light & Sound healing (Chakra balancing)
 - Reiki & the Universal Technique
- For information call Jude at 224-7154

BARBARA DAWN B.A., LICENSED
Bodyworker. Myofascial Release, Unwinding, therapeutic touch. Fascia supports every structure in our body. It has a tensile strength of 2000 lbs. PSI. Restrictions in the fascia can be devastating. Mobile sessions available. WCCMT graduate. Student rates. 984-0449.

INSPIRED RELAXATION MASSAGE

- Aromatherapy with Organic Essential Oils
 - Reflexology
 - Manual Lymphatic Drainage (Ontario R.M.T. 8 years Experience awaiting BC Board Exam)
- By Appointment - 875-9945

PACIFIC CHIROPRACTIC
DR. GORDON GERTZ, Chiropractor. Phone: 687-2900. See our display ad in this issue.

INTERNATIONAL COLLEGE OF TRADITIONAL CHINESE MEDICINE
See our listing under Education

INTERNATIONAL COLLEGE OF TRADITIONAL CHINESE MEDICINE
See our display ad in this issue.

INTUITIVE ARTS

LEAH FAYE
Brilliant Goddess
of Astrology
Certified on C.K.N.W., C.B.C.
Radio C.F.M.L., CKLG, CKWX,
CFUN, CHQM



Free soulmate profile. Call and test me with only your birthdate to go on, and I'll tell you what you need in your dream lover.

Leah can assist you to understand the soul purpose for entering this incarnation, recognize the events challenging your life, and gain

spiritual tools to put yourself back in the driver's seat. Call today and start to Create Miracles (604) 669-2491.



EVANLY-RAYS
PSYCHIC ANSWERS
1-900-451-4055

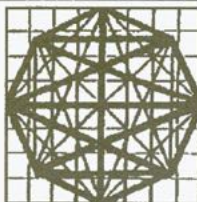
Police, Politicians and Corporations use Us.

- Rated #1 in Canada
- Live Certified Psychics
- 24 Hours

- Serving over 1000 BC Households
- Answers Concerning: Love, Health, Relationships, Careers, Lucky #'s
- 100 % Canadian Owned and Operated
- \$2.99 Per Minute

- 18 years or Older
- For Entertainment Purposes Only

1-900-451-4055



The JINGARO

Invite a friend;
Find a deck of cards;
Call up a 'values' text game -
share your computer

Integration, I Ching and Tarot, non-occult

<http://www.intouch.bc.ca/jingaro/index.html>

For information:
P.O. Box 1194
108-4800 Kingsway
Burnaby, BC
V5H 2C0



QUALITY ADVICE AND INSIGHT

ANY TOPIC! Across twenty-two years, The Evergreens, speaking through Michael Blake Read, have significantly contributed to the happiness of individuals, families and companies in more than 16 countries. Private sessions in person or by phone: (604)536-7402 Fax (604)536-0804 email: m_read@msn.com

Psychic
Dickie
Motherwell
PHONE READINGS
603-251-5817



DICKIE MOTHERWELL

has been a practising psychic since 1981. She specializes in clairvoyance, clairsentience, aura readings and the study of energy.

Dickie has had wide media exposure on live phone-in shows reading voice energies and answering callers' questions.



KASANDRA

One of Canada's
best-known psychics
Tarot & Numerology

Private Consultations
604 - 732-9226 or
1-800-450-SEER (7337)

Helping individuals over many years, to find their true path in life, Kasandra's following spans the globe. Hundreds of repeat clients are a testament to incredibly accurate readings - her gifts are astonishing. Tune in AM1040, Saturdays, 9pm to midnight for a free reading. Numerology charts now avail.

SOUL LIFE READINGS

I WILL ATTUNE TO YOUR SOUL'S ENERGY (your spiritual being) and it's journey to wholeness. The reading will cover: your soul's purpose, mission and lesson in this lifetime (what you came to do) • your talents and strengths • significant past lifetimes • blocks preventing expression of higher self • spiritual guides that surround you • In-depth psychic readings are also available by appointment. Lee: 986-1977

CHANNELLED READINGS

DR. ANNE MCMURTRY

Anne's ability opens a line of communication between you and your Spiritual Guides, allowing them to speak directly to you. To inquire please call Dr. Anne McMurtry at 734-8219, VANCOUVER. See ad in Health, Healing & Bodywork section.

TRI-CONNECT

PSYCHIC READINGS / COURSES
See our listing under Education

LOOKING GOOD



NEWAYS

Skin care and colour cosmetics

Independent
NEWAYS distributor

NO HARMFUL INGREDIENTS
No Propylene Glycol
No Sodium Laurel Sulfate
No Lead, Tar, Mercury or Talc.

Call Susan Morrison 604-664-7767
Email: healthnet@mindlink.bc.ca

Sybil's
esthetics

NEW—a safe alternative to electrolysis
No needles, no scabbing
Painless

- Micro Epilation
 - Micro Current
 - Space Age Technology
 - Free Consultation & sample treatment.
- Call now for an appointment.
Sybil's Esthetics. Located at Crimper's Hair Salon, 559 West Georgia Street. 683-5855

MARKETPLACE

MOUNTAIN GEMS
The Best Rock Shop In Town!



CRYSTALS • MINERALS • FOSSILS

Tumbled Stones • Rock Polishers • Gifts
Lapidary & Jewellery Tools, Machinery & Supplies etc. Lots of excellent BOOKS!
Our wide variety of rocks & minerals includes many of the hard to-find metaphysical stones.
Join us for our fun, exciting Jewellery Making

Classes and learn to make professional-looking jewellery in your spare time. Beginner & Intermediate Classes.

Along with our guaranteed friendly service & expert advice, we offer custom stone cutting, bead stringing & designer sterling silver jewellery services.

Open 6 days a week - Tues. - Fri. 10am - 6pm;
Sat. & Sun. 11am - 5pm Closed Mondays. Call to check our hours on holiday weekends.
4611 Hastings Street
BURNABY, B.C. V5C 2K6
Phone: (604) 298-5883
FAX: (604) 298-2669

Hankettes™
The Eco-Alternative to
Facial Tissue

Help reduce the tons of paper product that clog our landfills yearly by using Hankettes™. Fifteen soft, absorbent organic cotton handkerchiefs that dispense conveniently like facial tissue from an attractive coloured reusable box. Wash, fold and re-use. Easy folding instructions included. \$29 plus tax and S&H. VANCOUVER call 738-0308. Elsewhere 1-800-917-1377.

Do you have special products to sell?
Reach Common Ground readers with a
Marketplace ad.
Call 733-2215.

MARTIAL ARTS & YOGA

YOGA IN THE NON-DUAL TRADITION
INSTRUCTION IN THE CLASSICAL POSES.
With an emphasis on body-sensing, the student explores archetypal positions and becomes familiar with patterns and blockages

that inhibit natural awareness. Includes movement as well as an introduction to pranayama, the art of yogic breathing. Classes available at the Hycroft Wellness Centre, Kitsilano.
Call James Warner, 739-9444.

INTEGRAL YOGA CENTRE

See our listing under Spiritual Practices



Daeniela Bheumont
Registered Psychologist

I have been working with individuals, couples and families for 16 years to facilitate healing in areas such as: grief, anxiety, depression, low self-esteem, stress, addictions, abuse, relationship conflicts, and creative and spiritual blocks.

Through counselling and psychotherapy we

work together to explore the conscious and unconscious aspects of a problem, to understand the meaning behind the suffering and thus help release it.

My approaches are holistic and include Gestalt, visualization, Jungian dreamwork, creative, spiritual, and body processes work

as well as communication techniques.

In an atmosphere of caring and attentiveness, psychotherapy can help restore a sense of well-being, thus helping the individual, couple or family meet life in more fulfilling ways. For appointment phone **432-6556**, #268-2025 W. 42nd Ave., **VANCOUVER**.



What is Possible?

Toni Pieroni, M.A. (Psych)
Counsellor/Therapist

Freedom from the beliefs, feelings and behaviours that result in emotional pain and repetitive, reactive patterns that keep you stuck.

Life's options open up as you learn to respond rather than react, resulting in:

- Healthy, intimate, satisfying relationships
- More success in work and career
- Joy, ease

and pleasure in life itself • Aliveness and authenticity

Some issues dealt with:

- Emotional, physical and sexual abuse
- Addictive and obsessional behaviour
- Relationship issues and co-dependency
- Anxiety and depression
- Self-expression

About Toni Pieroni:

Along with my professional training and skill, I bring over 20 years of personal development experience.

I offer individual, couple and group therapy. For further information or for a free introductory session, phone **737-0168**.



Transform Curses Into Blessings

Barbara Madani
Registered Psychologist

IMAGINE LIFE TO BE AN ONGOING PEAK EXPERIENCE.

If you want to **recover** the real self, **reconnect** with your energy and creativity, **refine** skills

to **realize** your goals and **reinstate** your personal power - **request** an appointment.

We will transform curses into blessings using:

- self-hypnosis

- EMDR

- exploration of feelings and reframing beliefs
- goal setting and decision making.

Call Barbara **876-4317**, **VANCOUVER**.



Brenda Dineen, M.Ed.

Discover your true self... and feel joy

At an early age most people give up their power and inspiration. Our hearts and minds become separate, yearning for wholeness. We forget who we are.

I have the ability to guide you to your true self, discovering the depth of your joy and your sense of purpose. In a warm, caring atmosphere I assure you of a gentle growth

experience.

Counselling: for individuals, couples and families.

Rebirthing: breath integration to heal childhood issues and release negative feelings and beliefs.

Past Life Regression: clear the emotional body of unwanted patterns from previous

lifetimes and move beyond limitation.

Brenda is an experienced counsellor, a trained rebirther and regression therapist. She holds a Master's Degree in Counselling Psychology.

Brenda Dineen, M.Ed. 435-9400. VANCOUVER.



Donelle Clarke
RN, MSN, TTP

Counsellor
Therapeutic Touch Practitioner

My aim is to help increase total wellness and accelerate the healing process. This is accomplished by using **counselling, Therapeutic Touch**, energy pads, T.E.N.S. and nutritional supplements to promote relaxation, reduce pain, accelerate your body's healing process, and reduce stress.

I specialize in the following areas:

- grief, loss and death issues

- stress reduction
- sleep rejuvenation
- depression, anxiety
- meditation & imagery
- pain relief
- parent-infant/child relationships
- infant developmental assessments
- infant massage (for healthy & special needs infants)

- **Therapeutic Touch workshops**

- **Therapeutic Touch practice/support group**

I have over 20 years' experience in nursing, over 10 years as a Nurse Specialist and 22 years as a Therapeutic Touch Practitioner using the Krieger method of this ancient healing practice.

For appointment, &/or information, call **263-6706, VANCOUVER**.



Vincent Milardo

Counselling & Hypnotherapy

You can change your life.

Vincent Milardo is a counsellor, hypnotherapist, instructor & seminar leader. Through individual sessions, workshops, and seminars he helps people create positive transformation in their lives. This is a holistic approach to empowering individuals and couples. It includes:

- individual counselling
- guided imagery

- career planning
- inner child healing
- co-dependency issues
- relaxation and stress reduction
- dreamwork
- loving relationships counselling
- **hypnosis:** for weight loss, to stop smoking, confidence building, deblocking past traumas,

past life regression.

Explore these and other issues in a safe, supportive & professional environment.

For fifteen years Vincent Milardo has been committed to helping others help themselves to find fulfillment and lead more satisfying lives.

Appointments are available Monday to Saturday. Call **Vincent Milardo**, at Creative Transformations Ltd., **669-9699**.



LILLIAN ELLIS
Counselling

Are you troubled by?

- Pressure & Stress
- Feeling trapped
- Low self-esteem
- Poor relationships
- Resentment
- Guilt
- Fear

Would you Prefer?

- Creativity and Energy
- Sense of Freedom
- Self-worth
- Ease in Relating
- Acceptance
- Clarity
- Confidence

Act Now:

Lillian, Registered Clinical Counsellor, has been helping people, including many professionals, bring about meaningful changes in their lives for over 20 years.

For an appointment phone...

261-4610. VANCOUVER.



Lighten Up

LIGHTEN UP is a delightful and enjoyable experience of unconditional love, laughter and freedom. Through this series of healing sessions, individuals dissolve fears and blocks at such a fundamental level that they are transformed and released from working on themselves to playing in the Universe.

Thus relieved from struggle, pain and suffering, all activity can become activity which enlightens, rather than hard work and serious business.

LIGHTEN UP puts fun, joy and ease into self-improvement as well as life itself.

There is no wrong way to become enlight-

ened, only increasing discoveries of greater joy, fun, love, laughter and light. You are light!... **Lighten Up!**

For appointment, please call James F. Shea, B.A., M.A., **739-6681**, or write Prospect Centre, #603 - 1788 W. Broadway **VANCOUVER**, B.C. V6J 1Y1.

FREE YOURSELF

Jaminie Hilton

RCC
Masters in Counselling
Chemical Dependency
Certificate



Discover your personal strength — it lies in the coping style that has gotten you this far; **shift** depression to hope. **Free** yourself from fears of unfamiliar feelings that block growth toward creativity and intimacy. **Deepen** and **Enrich** your connection with others. Create the life you deserve.

In a safe environment, learn to value your

power, and your vulnerability; change learned patterns; allow wishes, hopes, and dreams to surface.

Issues

- Blocks to Creative/Career success
- Eating/Sleeping difficulties
- Trauma/Abuse: Physical, Sexual, Emotional
- Depression

- Anxiety
- Relationship (from romantic to roommates)
- Addictive Behaviours
- Grief/Loss

I have worked for over 20 years as a therapist/counsellor with adults, adolescents, and couples. For free initial consultation or information call: **680-9744, VANCOUVER**.



Change is Possible

Judith Rosen
M.A., R.C.C.

Creating a positive relationship with self and a clear engagement with life, is something we all seek.

If you are bound by painful or deadening patterns, I want you to know that this need not continue. Clarity, self-love and personal power are all possible.

Over the last ten years I have worked effectively with many individuals and couples helping to make these changes happen.

My work comes from the heart, and I value and respect the unique nature of each journey and feel honoured to share in it.

My specialties include • low self esteem • sexual or physical abuse • addictions

• A.C.O.A. issues • eating disorders • depression • co-dependence • women's issues • and relationship issues.

For more information about this empowering and transformational process or a free introductory session call

Vancouver & White Rock Office: 538-9796



"Whatever you can do or dream you can—begin it..."

Trish Brydon

Registered Professional Counsellor

- Experience emotional healing...
- Identify, create, and act on new choices...
- Learn more about yourself and what you value...
- Explore your personal power...
- Discover joy and PASSION in your life!...

Some of the Issues I address include:

- Self-esteem and confidence
- Abuse
- Conflict and Communication
- Relationships
- Stress Management/Relaxation
- Loss
- Managing Change

I offer individual and couple therapy in a safe, supportive environment.

No charge for initial consultation. Some evening appointments available.

Trish Brydon (604) 730-6004

#412-2150 W. Broadway, Vancouver



Move from Coping to Thriving

Laida Bond
M.A., R.C.C.

I use dreams, Process Oriented Psychology, family and relationship work, the body's messages and symptoms, and the client's hidden strengths and resources. This therapy helps you move towards:

- more satisfying work and love relationships
- a deeper capacity for excitement & happiness
- a vibrant connection to dreaming & intuition
- healthy self confidence
- a healthier connection to community

I have 23 years of personal growth work and professional development as a therapist. My commitment is to safety, excellence and accountability in my practice. The initial consultation is free. **876-2238**

Professional Counselling Services

Dr. Rajpal Singh

Ph. D. (Psych) RCC

For Appointment Call:

294-1522, Burnaby

I provide cognitive-behavioral interventions and psycho-education coupled with respectful inquiry and reflective feedback. Being educated and trained extensively in both Eastern and Western schools of psychology, my practice demonstrates a synthesis of Western and Eastern psychotherapies, providing

holistic and comprehensive delivery of service in the following areas:

- Relationship and Sex therapy
- Anxiety and Depression
- Spousal Abuse
- Addictions
- Stress Reduction
- Grief, Loss and Death Issues

Besides doctorate in Psychology, I have extensive training and eight years of experience in mental health and sex therapy, I have worked with clients of English and South Asian heritage. I speak English, Punjabi, Hindi and Urdu.

Sliding scale fee and Weekend appointments are available. Total confidentiality.



Emotions and Chinese Medicine

Jian Chen Bristol

As a doctor of Chinese and western medicine in China for 10 years, and in her Chinese medicine practice in Vancouver for six years, Jian Chen Bristol has helped many of her clients look at their emotions and their effect on physical health. She now offers another service which focuses on mind/body balance.

By attentive listening and non-judgmental comments, along with Oriental philosophy and wisdom, she assists her clients on a one-to-one basis to examine their emotional difficulties. She also helps her clients to change their thinking and attitudes, and to use the mind for better health.

Jian Chen Bristol is available as well for treatment of physical problems at her **Vancouver Acupuncture and Chinese Herbology Clinic** (see Health section).

Vancouver Medical Building, #404 - 1541 West Broadway, Vancouver, Tel: **739-8287**

Art of Healing

PROFESSIONAL COUNSELLING SERVICE



An Integrated Approach To Human Issues

Receive:

- Respect
- Acceptance
- Understanding

Achieve:

- Healing
- Growth
- Self Esteem

Free initial consultation. Call: **730-6015**. Kathleen Woodhouse R.P.C.

412-2150 West Broadway, VANCOUVER

RECOVERY

Sharon Burrows, M.A.



Individual and group therapy

Problems: Adults abused as children, parenting, intimacy and sexuality, post-traumatic stress disorder - sexual abuse, grief. 12-step support. Methods: hypnosis, Jungian oriented therapy, Spiritual Direction, Holotropic therapy. 2621 St. George Street, VANCOUVER. **876-9105**



LAFERN PAGE

B.A., M.A.
(COUNSELLING PSYCHOLOGY)

- Anxiety • Depression
- Self-esteem • Stress

Author of "Menopause & Emotions: Making Sense of Your Feelings When Your Feelings Make No Sense" (available at your local bookstore, distributed by Book Express). Suite 580-2600 Granville, VANCOUVER, **733-3520**.



HEALING THE HEART

Barbara Bjorndahl
B.A. (Psych)

Supportive psychotherapy for individuals wishing positive, loving, creative fulfilling lives. Help with anxiety, depression, anger, grief, stress, low self-esteem. Co-dependency issues. Physical, emotional and sexual abuse. Sixteen years experience. Holistic approach. **266-5449, VANCOUVER.**

YOUR GATEWAY TO THE PAST

Past-Life Therapy



Past-life Therapy

Di Cherry is Certified Clinical Hypnotherapist, registered with the Canadian Hypnosis Assn., A.P.R.T., C.G.C.A. Her specialty: regression, and OOB facilitating (Diana B. Cherry, C.C.H., 2678 W. 11th Ave, VANCOUVER) For information or appointments, call: **731-2646**



Bianca Rucker

R.N., B.Sc.N., M.A.

Sexual & Relationship Therapy

Resolve recent or long standing problems with sexual functioning, desire discrepancies, inhibitions, and communication conflicts. Deepen your intimacy and revitalize your sex life. *Registered Marriage & Family Therapist. Fees tax deductible. By physician referral, or call directly: **Bianca Rucker, 412-2150 W. Broadway, Vancouver, 731-4466.**

Common Ground

Advertise in the December/January double month issue.

Call 733-2215 for information.



Depth Psychotherapy

Diane Lefroy, M.A.
Counselling Psychology

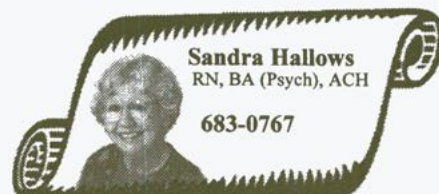
Through careful attention to dreams, physical and emotional symptoms, relationship patterns, and life situations, Depth Psychotherapy addresses the deepest levels of being, restoring meaning, creativity, and authenticity through an unfolding of soulfulness in everyday life. Individual therapy and counselling. Dream work. Appointments available evenings and weekends. **731-6890.**

In-Tu-It Studios

Sacred Sexual Energy Awareness

PROGRAMS AVAILABLE:

- For women and men who are interested in the life force known as sacred sexual energy.
 - For parents and caregivers who wish to communicate this information to their children. Group or Private Sessions
- Louise Bressanutti,**
Sexual Energy Educator **737-7742**



Sandra Hallows
RN, BA (Psych), ACH
683-0767

Change limiting beliefs and achieve personal excellence. Personal/career issues including:
• **Transitions • Wellness • Anxiety • Stress • Phobias.** Approaches are Holistic and Solution Focused. I am a Nurse, Counsellor, NLP Master Practitioner, and an Advanced Clinical Hypnotherapist. Call **683-0767.**
VANCOUVER, near the Skytrain.



DonnaLee MacInnis

B.HEC. M. Psyc.

Transformational Counselling

A gentle easy way to release and change!
857-1200 local 1601 / 855-1601 Abbotsford
(Transpersonal Studies. One Brain, Meditation, Esoteric Healing)
Resolve relationship, anxiety, abuse and protection issues by walking through the doorway to higher consciousness.



Patricia Culver

M.Ed, R.C.C.

Adventures In Awareness Programs Counselling Services & Past-Life Regression

With compassionate support...

- Become curious, aware and accepting of your Self.
 - Gently transform old patterns and hurt.
 - Find adventure, grace and balance in your relationships and life.
- Phone: **224-4174**



Psychotherapy in the spirit of Buddhism and Yoga

Leon Hawrylenko, M.Ed
733-2291

My work combines aspects of contemporary psychotherapy, my own 26 yrs of meditation practice, and the beautiful therapeutic contributions from Eastern spiritual traditions. I have a Masters degree in Counselling Psychology and been practising psychotherapy since 1989. Specializing in transformation of self, couples work, emotional issues, and addictions.

Joanne Gilbert

MA, RCC

264-7205

Specialization

- Individual and Group Personal Growth Therapy
 - Substance Abusers/ACOs/Codependents
 - Cathartic (Primal) Therapy
- Experience**
- Current senior therapist (9 yrs) at addiction clinic
 - Facilitator (14yrs) at personal growth workshops
 - Family worker (5yrs) for M.H.R.

GROUP PSYCHOTHERAPY

PROVIDES PROVEN STRUCTURE, CARING, feedback, nurturing, collective wisdom, support and a safe place to explore, learn and grow. Move beyond talk therapy to highly effective, personalized, experiential processes for healing the past and empowering the present. On-going weekly groups; individual sessions; sliding scale. **Claire Winstone, M.A., R.C.C. 874-9070**

INDIVIDUAL AND COUPLE COUNSELLING

Supportive, empathic environment. Identify sources of concerns: overcome negative behaviors; empower yourself to change and grow; develop meaningful relationships; resolve internal and external conflicts. 17 yrs. counselling experience. **Eileen Wooding, M.Sc., R.C.C. NORTH VANCOUVER. 986-9450.**

"I CAN'T GET OVER IT!"

STILL SUFFERING THE AFTERSHOCKS OF a traumatic experience? Flashbacks, nightmares, trouble sleeping, performance anxiety, anger outbursts? As reported on ABC News 20/20, Eye Movement Desensitization & Reprocessing (EMDR) provides rapid treatment for Trauma, Phobias, & Anxiety problems.

Dr. Gary Ladd, R. Psych. 682-5467

Dr. Marshall Wilensky, R. Psych. 682-1909

SEXUAL ABUSE WOMEN'S GROUP

Ongoing therapy group in a safe supportive environment. Focus is on identifying patterns and healing the pain within.

For more information contact: **Kim Haines 254-1342**, or **Yvonne Pierce 987-2757.**

INTEGRAL YOGA CENTRE

See our listing under Spiritual Practices



Indepth Therapy & Counselling

Angie Zaseybidia
MA, RCC

For those who seek:

- Increased self esteem
- Improved relationships
- Aliveness and creativity
- Clarity and confidence
- Healing and growth

Call: **738-5889**



CORE BELIEF ENGINEERING

Get quick, effective, results with this Canada-wide taught method of changing limiting beliefs that eliminates blocks preventing you from reaching your full potential. Call (604) **536-7402**. Fax (604) 536-0804.
email: m_read@msn.com



Gwen Randall-Young

"the gentle voice
of change"

Psychotherapist & author of
Dancing Soul: The Voice of Spirit Evolving
ISBN# 1-896578-00-4

Echoes Through Time:

A Message of Healing for Men
ISBN# 1-896578-01-2

Available at your local bookstore or call (403) **464-8533**

EXPERIENCE YOUR PAST LIVES

with
Jonni O'Connor
Ph. D.



Past-life regression Therapy will facilitate growth & change in many areas of your life, including:

- Understanding Current Relationships
 - Finding Purpose and Life Direction
 - Health and Self Healing
 - Eliminating Unwanted Behaviours & Attitudes
 - Resolving Deep-Seated Fears
 - Accelerated Personal Growth
- Call for a free brochure **261-6563.**



Rebirthing

"Transformational"
Counselling
Therapy

CELLIBERATION

Mahara Brenna Hill

Rebirthing is a powerful, guided breathing technique that releases tension & unresolved emotions. It liberates the soul.

A 3 hour session includes:

- Deep, intuitive counselling
- Psycho-spiritual processing
- Re-programming & core beliefs.
- Freeing your highest self & unlimited potential.

For a free phone consultation call **266-6100**



Judi Cunningham

B.A., M.A.(Cand), Dip.C.

Skilled Counselor with 14 years
of Personal Development,
providing Practical Solutions to
Difficult Problems

Experience more freedom and joy by clarifying your boundaries. Transform your relationships by breaking away from limiting beliefs and behaviours. Experience more clarity. Feel more energetic and alive. Take charge of your life. Call today for a free consultation. **891-5520.**

THERAPY & COUNSELLING FOR WOMEN

Recovery and healing are possible. Childhood pain, abuse, grief, depression, family or relationship problems, as well as low self-esteem can be helped with supportive, respectful & caring attention.

For information or appointment call
Susan Dales at 255-9173.

COUNSELLING PSYCHOLOGY

Becoming aware of our assets and resources enables us to overcome self-defeating behaviours and use our resources to more effectively meet life challenges. Relationships / Singles Issues
Anger / Depression / Anxiety
Communications / Career & Life Transitions
Deborah Conway MA, RCC. 730-6000.

PRIMAL THERAPY

Primal Centre of BC, Agnes and Ernst Oslender,
4750 Finch Rd, **WINFIELD BC, V4V 1N6.**
(604) 766-4450.

Personalized intensive and on-going courses. Convenient, arrangements for out of town and international clients.

E-mail ernsto@awinc.com

<http://www.awinc.com/primal/ptcentre.html>

ALISON BEAUMONT, M.S.W., M.F.A., R.C.C.

Jungian-Oriented Therapist
My work focuses on helping people recognize the process for healing and creative living they carry within. I have many years experience working with adults and teenagers on abuse, abandonment, relationship difficulties, depression, anxiety, anger, grief. **687-1997, VANCOUVER**

Want to improve your life?
See the listings in Psychology, Therapy & Counselling.

RESTAURANTS



Natural Gourmet
... on Broadway

Woodlands Natural Gourmet Restaurant offers one of the finest vegetarian dining experiences anywhere... with an extensive hot buffet selection of international entrees - all prepared without any artificial ingredients. Please try our new vegetarian pizzas and

veggieburgers. We bake all our own breads, pastries and desserts daily. Our salad bar is dressed with a delightful variety of garden greens and fresh fruits. Visit the new **Atrium Dining Room**, "Vegetarian food served with a touch of real class." - *Vancouver Sun*.

Perfect for parties or group meetings. Licensed.

Open Mon. - Fri., 7 am to 10 pm; Sat. & Sun. 8 am - 10 pm. Woodlands Natural Gourmet Restaurant, 2582 West Broadway (upstairs) at Trafalgar in **KITSILANO**. Call **733-5411**

NEW Richmond location

le veggie

now TWO locations

"Stylish" **Le Veggie** brings gourmet Chinese vegetarian cuisine into the heart of Vancouver's West End. We specialize in unique Buddhist-style vegetarian cuisine.

Our famous **Sweet and Sour Crispy Delight** is more decadent than the real fatty, porky thing; crunchier and even more self-indul-

gent. **Chilli Eggplant Szechuan-style**, patiently sauteed into golden, slippery submission. And we do have many other items from our creative menu, without using onion and garlic, but our flavours are rich. We offer you the most relaxed atmosphere and **friendly service**. We do take-out and delivery too.

Le Veggie Chinese Vegetarian Cuisine
Downtown: 1096 Denman, 682-3885.

Free Parking in rear.

Open daily from 11:30 a.m.

Richmond:

#105-4600 No. 3 Road, 303-9987

SPIRITUAL PRACTICES



**KITSILANO
CHRISTIAN
COMMUNITY**

When people tell you they know "the way," do you start looking for the way out?

There are several clearly marked exits in our church. And any number of ways to come in. Jesus Christ says you are beloved, and we celebrate that together. Join us anytime.

Kitsilano Christian Community
16th Avenue & Pine Street
737-0169



**Spiritual
Intentional
Communities**

The Emissaries in British Columbia

We have openings and are looking for men, women, couples and families who are interested in living in spiritually bases communities located in: 100 Mile House, Aldergrove and Prince George, British Columbia.

In each community we live "in community" (not communally) with collectively shared purpose and participation.

The mission statement for the **Emissaries** is: "To assist in carrying forward a work of spiritual regeneration of humanity, under the inspiration of universal source, and

to promote holistic values in living and stewardship for the Earth."

For more information contact: Anne Blaney
P.O. Box 9, 100 Mile House, BC V0K 2E0
Phone: (604) 395-3804 Fax: (604) 395-2143
E-mail: ebclodge@netshop.net



**ANN-LOUISE
MCNEIL**
Spiritual
Development



Meet Your Own Guides

Be introduced to your very own High Guide. In one session I can help you discover and experience the great love and compassion your Guide has for you.

Spiritual Development Technique

I use a meditative technique especially designed to give you the opportunity now to connect and work with your Spiritual Guide.

Evening Healing Meditations

I have been conducting healing meditations internationally for over 15 years during my

travels as a ski instructor and a Buddhist nun. At present I lead evening meditations for healing and channelling your High Guide.

For a private session by appointment (cost \$50 for 1-1/4 hours) call Ann McNeil, **526-1847**. The evening meditation is free.



**Integral
Yoga
Centre**
2475 Dunbar
at W. Broadway



INTEGRAL YOGA CENTRE

Power (Astanga Yoga), Iyengar Based Yoga, E-Motion Yoga, Therapeutic Yoga, Teacher Training, Yoga Retreats, INSIGHT Meditation Weekly & Retreats, ENNEAGRAM studies, Spiritual Counselling. James Fairbanks, MA, MSc, **739-3760**. Preregistration & drop-in.



**Vancouver Church
of Divine Man**
CDM Psychic
Institute

CDM, a healing community assisting people to rediscover themselves as spirit, offers guided meditations, spiritual healings, psychic readings and classes including meditation, healing, and clairvoyance. Trained teachers lead all activities. #9-1734 West Broadway, **VANCOUVER**. (604) 730-8788. Call for a brochure.

FOUNDATION COURSE IN MEDITATION
Discover your innate peace and wisdom! Learn to meditate easily and effectively in five, one-hour sessions. Near Boundary and Kingsway. Information and appointments: **436-4795**. These classes are available in English, French, Gujarati, Hindi, Portuguese, and Croatian - and are always free.

**THE MONASTERY FESTIVALS
OF LITTLE TIBET**

Fully escorted **HIMALAYAN** tour to the Kingdom of Ladakh and the Himalaya departing July. Special low price includes incredible Transhimalayan flight, hotels, meals and expert Canadian Leader. Colour brochure from Peak Adventures. **882-8053**.

VIPASSANA MEDITATION

AS TAUGHT BY S.N. GOENKA

Offering ten-day meditation courses which provide mental training of profound practical value in everyday life. Monthly courses and

introductory talks. Vipassana Foundation, 7226A Carrington St., **VANCOUVER**, V6N 1T9, **264-7637**
80 High St., **VICTORIA**, V8Z 5C8, **479-6641**.

RELATIONSHIPS



**WEST COAST
SINGLES**

Meet Someone Special

Vancouver's Largest & Most Successful Introduction Service Over 5,000 members

Looking for your Spiritual Match?

We can help. Call today about our special "Light" package for the spiritually and metaphysically-minded. "The best way to meet."

West Coast Singles 731-5223

When you call an advertiser,
let them know you saw their ad in Common Ground.

Common Ground

Call 733-2215 to reserve your advertising space for the next issue.

TIME OUT & TRAVEL

TASSAHANALEI Bed & Breakfast Healing Retreat Center



Experience the Hawaiian Wedding of your dreams on Kauai at Tassa Hanalei, a unique and magically beautiful private retreat on the North Shore of Kauai, the Garden Isle. Located on the Wainiha River up the last inhabited canyon before Kauai's scenic and rugged Na Pali coast, this secluded Garden of Eden is fast earning its reputation as a private honeymoon and vacation retreat.

The grounds are a botanical wonder with nearly 2000 varieties of tropical plant life. There are also two hot tubs available and the Wainiha River is landscaped and ready for your aqueous delights. The Healing Temple offers massage by appointment. Whether you come to rest, heal, honeymoon or play, Tassa Hanalei can accommodate your needs. Private Guest House with kitchenette overlooks the river and

is just steps away from an intimate river bathing pool. \$90 per night. Wedding ceremony is performed in a natural cathedral of tropical flowers along the melodic river. For more information and brochures on Wedding or Retreat, phone or write: HAWAIIAN WEDDINGS, P.O. Box 3306, Princeville, Kauai, HI 96722, (808) 826-5157 TASSA HANALEI, P.O. Box 856, Hanalei, Kauai, HI 96714. (808) 826-7298



WRIGHTS TRAVEL

BELIZE Ambergris Caye

Nov - airfare, 7 nights accommodation - air transfers priced from \$1249.00 cad double. Also ask about the Windy Hill Cottages or the Jaguar Reef Lodge.

COSTA RICA Guanacaste Specials - airfare, 7 nights hotel, local transfers/ taxes-from \$1079.00 cad double - valid up to Nov. 30.

Not Too Early For December Holiday

Planning - if relaxing in the sun is your way of celebrating or avoiding the holidays - airfares and packages vacations are filling up quickly - call now to put down a deposit on your favourite spot, or try the New Direct Charter Flights to Fiji.

Special Excursions - **** Art, History and Christmas Markets-Germany Austria and

Prague - 15 days Nov. 30 to Dec. 14 - airfare, accommodations, escort, meals, city tours, taxes, entrance fees. ****Christmas Holiday Shopping in Dec. 7-14 in Hong Kong or Bangkok and Singapore price from \$1599 cad includes airfare, accommodations, taxes, city tours. Call for itinerary details. Wrights Travel Inc. 1665 West Broadway, VANCOUVER call 736-2521 or 1-800-739-4119



STATE OF GRACE
TAI CHI CENTER

SUNSHINE COAST, B.C.

A Day Retreat

Spend a day on the beautiful Sunshine coast in a "State of Grace". We will meet you at the Langdale Ferry terminal and take you back to the center for a day of learning and relaxation.

Using the basic principles of Tai Chi and Insight Meditation with the simple acts of sitting and walking meditation, it is possible

to slow down and pay attention to the experience of being, rather than ideas and thoughts about being. You enter a world of direct experience where deep relaxation, clarity of mind, and contentment reside... a "State of Grace."

A wonderful vegetarian lunch is included and you will be back home in time for dinner.

Cost for the day is \$80. For information and reservation, please call or fax Rob at 1-604-886-7053. RR4 S15 C23, GIBSONS, BC V0N 1V0.

Rob Melamed began studying Tai Chi and Meditation in 1972. He is a Certified Natural Health Educator, a Lomi Associate and Tai Chi Teacher.



The Women's Guesthouse in the Kootenays

HESTIA'S—THE WOMEN'S GUESTHOUSE IN THE BEAUTIFUL HEALING KOOTENAYS. Unspoiled lake and mountain views, indoor pool, library of women's books & films, vegetarian meals from local organic gardens. Private room & all meals \$500/week. Reservations: Kathleen Shannon (604) 229-5325

ECOMED WELLNESS SPA & CLINIC

OPTIMAL HEALTH IN HARMONY WITH Nature. Seaside naturopathic spa offers year-round weekend and seven-day health holidays. Specializing in detoxification retreats and healing-intensive programmes. Nanoose Bay, Vancouver Island. Supervised by Dr. S. Kuprowsky, ND. Info: 604-468-7133

INDIA/YOGA TOUR

VISIT HIMALAYAN MONASTERIES AND THE TAJ MAHAL. JOIN INDIA EXPERT ELOISE on her winter tour to this colourful land and let her unravel its ancient culture for you. Optional extension to Darjeeling & Sikkim. Call (604) 669-2029 for brochure.

GULF ISLAND SERENITY - Oaks Bluff B&B, located on Pender Island - 360 degree breathtaking views.

Quality organic home cooking & vegetarian available. Fine hardwood throughout, satellite TV, & a rooftop hot tub. Retreats and Seminars welcome. We're here to accommodate your needs. Ph. (250) 629-2025.

THE ANNAPURNA INN RETREAT & GETAWAY

Offers: Three day package including: 2 Nights Bed and Vegetarian Breakfast, 3 Yoga classes, 1 hour reflexology & 1½ hour revitalizer massage, steam/sauna, \$225. US Reflexology seminars, B&B rates also. PORT TOWNSEND, WA. 1-800-868-2662 or 206-385-2909

COTTAGE RETREAT (TREE HOUSE) BOWEN ISLAND, B.C.

Escape to your ocean view retreat only 20 mins. by Ferry from West Vancouver. Experience "Island Time." Bed & Breakfast. Special Retreats: Spa Day: Clay Packs/Massage. Vocal Moves. 1-947-0422 / 623-2350 Judith Mallett R.M.P.

MOONRISE GUESTHOUSE ON SALT

SPRING ISLAND Relax in the arbutus grove, or watch the light play over islands and coastal mountains. Enhance your stay with personal craniosacral, acupressure, or counselling sessions. Complete vegetarian breakfasts. Smoke and pet free. 1-604-537-4860.

YOGA IN INDIA, JANUARY 1997

See our listing under Spiritual Practices.

WOMEN'S SECTION



Menstrual
Cup

Experience the modern, sensible approach to feminine hygiene. 100% soft natural gum rubber, worn internally, sanitary, comfortable, convenient, and easy to use. Buy one, reusable for at least 10 years. Never run out again! Healthier Choice. No TSS risk. Accepted by FDA (US) and Health and Welfare (Canada).

Stop Pollution from production and disposal of 12 billion pads and 7 billion tampons. Join the over 50,000 women who enjoy the many benefits of this effective menstrual cup. Three months satisfaction guarantee.

Call or fax now.

1-800-663-0427 for Free brochure

"I love the Keeper ... I swim, run and weight train with it in ... you can't even tell it's in place" (R.H. Creston B.C.)

Health Keeper Inc. 5-420 Erb St. West
Waterloo, Ontario N2L 6K6
info@keeper.com 1-519-746-6827

NATURAL MENSTRUATION

Many Moons™ washable menstrual pads and pantyliners, reusable menstrual cup; chlorine-free disposable pads and cotton tampons. Make

the healthy choice for your body! Reduce waste and chemicals in the environment! Call now for a **FREE BROCHURE: 1-800-916-4444.**

HESTIA'S—THE WOMEN'S GUESTHOUSE

See our listing under Time Out & Travel

VICTORIA & THE ISLANDS

Life Skills Coach
Training Program



A Life Skills Coach is a trained instructor, role model, and group facilitator. This program consists of structured activities and group dynamics that provide students with opportunities to enhance skills in self-awareness, communication, human relations, and coach-

ing techniques as applied to five areas: self, family, leisure, community, and job/education.

This eight week, full-time experiential program is being offered at the Cowichan Campus of Malaspina University-College.

For a detailed information package, please call 746-3532.

PASSAGES: VANCOUVER ISLAND OCEAN RETREAT CENTRE

- On sandy Saratoga Beach
- Customized retreats for groups and individuals.
- Daily, nightly, weekly stays.

Scheduled meditation and wellness workshops. Renew & Rejuvenate mind, body and spirit. Brochure available (604) 337-5459, passages@comox.island.net

HANDWRITING ANALYSIS

Find out more about your hidden character, emotions, and qualities. You'll be amazed. About 3 pages of computer print-out for only \$20. Call Joanna at 1-604-478-8182.

Personality Behind The Pen.

703B Kelly Rd.

VICTORIA V9B 2K9

INTERNATIONAL COLLEGE OF TRADITIONAL CHINESE MEDICINE

See our listing under Education

Learning to say no

Breast Cancer

I am 41 years old and six weeks ago I was diagnosed with breast cancer. I had a mastectomy and am now doing chemotherapy. I chose the conventional way to treat this disease but I know how important it is to treat my entire body.

I've read your books and listened to your tapes, and I understand your beliefs about why disease occurs, but I have some trouble applying it to myself on a daily basis. My mind needs to eliminate the fear of the disease returning so I can spend more time healing. How can I learn to focus more on this? I have repeated your specific affirmations for breast cancer over and over. How do I know if they're working?

S.T., Las Vegas, NV

Dear S.T.M.,

Now is the time for you to gather every bit of information you can on alternative/complimentary methods of healing your body, even though you are using the current medical treatments. Expand your knowledge. Learn more about the body/mind connection and the breast cancer/nutrition link. When I had breast cancer, I studied everything I could put my hands on, and it helped to alleviate the fear. I strongly urge you to read *Women's Bodies, Women's Wisdom*, by Kristiane Northrup, M.D. It is filled with so much good information for women and how they can gain control over their bodies. I suggest that you go immediately to page 303 and read Dr. Northrup's words on breast cancer.

I have learned that most women who have breast cancer are people who put everyone else in their life first. The breasts represent nourishment, and you are probably a person who nourishes everyone else but have very little resources for yourself. Women with breast cancer must learn to say NO! Not "no" with an excuse, but just in "no." Yes, the people who are used to making advantage of you will get angry when you first say "no." The first "no" will be the hardest, the second "no" a bit easier, and by the third time, you say "no," you will wonder why you didn't do it years earlier. People always take advantage of someone who always says "yes." They have respect for people who set boundaries and can say 'no.' This is a big lesson for you.

Affirm: *I love and nourish myself, and I am safe!*

Prosperous Business

I am a 40 year old man who is partner in a business with a friend of mine. About 3 months ago, he hired his sister, a very

unattractive, overweight woman, to work at the front desk of our business. She had just been fired from another position and has a husband and child to support, so my partner felt sorry for her, as did I. Unfortunately, this situation isn't working out. This woman is verbally abusive to clients, customers, and other employees, she is inefficient at her job, and frankly, her lack of concern over her appearance turns people off.

I believe that the negative energy this woman is emanating is hurting our business and making everyone unhappy, but I don't want to put my partner in an awkward position by insisting that he fire his own sister. Also, I feel guilty about suggesting that this woman be put out of a job again. I am in a quandary. Any advice?

P.J., Ontario, Canada

Dear P.J.,

You allow this woman to abuse your clients and your other employees, and yet you're afraid of hurting her feelings! Why would you want to do this? Do you really want to destroy your business and your employees' morale? Why are you punishing your good employees? You must put a stop to this instantly or you won't have a business. The good of the whole group is always more important than the good of one person, especially if that person is a troublemaker.

Having said that, now let's realize that this is the time for you to test your diplomatic and assertiveness skills. You can practice by writing down what you want to say beforehand and even giving it a trial in front of a mirror. You need to have a very honest and professional talk with your partner. You need to get the message across to him that he is not helping his sister in the long run by allowing her to continue this inappropriate behavior. Perhaps you can get your partner to see that he will help his sister truly better her life if he informs her gently, but truthfully, that she needs to change her behavior. His sister could use some form of therapy from a professional counsellor to explore the reasons for her excessive weight and verbal abuse. She is probably covering up her pain. She needs real

Louise Hay: See page 41



Louise Hay

PROFESSIONAL COUNSELLOR TRAINING

ONE YEAR PROGRAM: begins December 2 or January 13

ACCELERATED PROGRAM: begins November 18

CORRESPONDENCE PROGRAM: begins November 15

INFORMATION MEETING: WED, NOVEMBER 13 AT 11:00 AM

CAREER TRAINING - PLACEMENT - PERSONAL GROWTH

Since 1985, the Counsellor Training Institute of Canada has provided extensive training and supervision which allow the graduate to offer professional services to the public.

Beginning with the Counsellor Training Course, participants may complete required courses in the Accelerated Program (18 weeks) or in the One Year Program. After the Qualifying Examination and Psychological Testing, placements are available in service agencies as well as in Counselling Services provided by the Institute. During Clinical Supervision, Intern membership in the Canadian Professional Counsellors Association permits the use of the designation "Registered Professional Counsellor". Interns may be listed in the *Canadian Registry of Professional Counsellors*.

The C.P.C.A. is currently involved in the proposed regulation of the counselling profession in British Columbia.

Financial Assistance is available to qualified applicants.

To receive a detailed course catalogue, visit our administration office or phone:



687-2882 (Fax 688-9001)

Toll free 1-800-665-7044

COUNSELLOR TRAINING INSTITUTE

Suite 601- 510 West Hastings

Vancouver, BC V6B 1L8

URL: <http://home.istar.ca/~cti> Email: cti@istar.ca

Counselling is provided by Interns on an ability-to-pay basis. Call 669-9609.

Soul Journeys to Paradise Maui



Discover your unlimited capacity for joy, uplift your spirit and rejuvenate your body. 9 day programs include yoga, meditation, dance kinetics, sea kayaking, swimming with dolphins in the wild, spectacular hikes, attuning to nature, bodywork and more.

For more information call Alarra at 604-736-5815 or Richard or Maryanda toll free at 1-888-345-SOUL.

Jan 10-18	April 4-12
Jan 24-Feb 1	April 18-26
Feb 14-22	May 16-24

AMETHYST • QUARTZ • AGATE TUMBLER STONES • MINERALS

CANADA'S LOWEST WHOLESALE PRICES
PHONE _____ FOR CATALOGUE:
1 - 8 0 0 - 5 9 5 - R O C K

ROCK OF AGES

WE HAVE A TRUCKLOAD OF
NEW EXCLUSIVE GEM AND JEWELRY ITEMS!

SEE US AT THE B.C. GEM SHOW • FAIR GROUNDS IN ABBOTSFORD
SEPTEMBER 13 TO 15

Soul in business

It is increasingly common to talk of soul in relation to personal partnerships; terms like 'soul mates' or 'soul connections' describe the presence of a deeper part of

our being in such relationships. At the level of soul there seems to be an intrinsic knowing, and all-at-once understanding. It is almost a holographic experience, wherein a few words reveal the full essence of the other unto us.

Moreover, in that place of soul consciousness, it seems that we have a magical window into the entire Universe. We experience a sense of oneness almost as though the Universe lives within us. It just might. Connectedness is inherent in all things, and it is only our limited vision in any situation that prevents us from seeing that.

Soul consciousness is not limited to the realms of love and creativity. It is for us to find it in every aspect of our lives. In personal relationships, we see how we are mirrors for each other. We understand the themes that play themselves out between generations, or as we move from one relationship to the next. We often do not think of business relationships in the same way, treating business as somehow a separate part of our lives. The deeper consequences of our actions affect us equally in our personal and business lives.

The soul is the seat of our higher consciousness; our deep wisdom. It carries the wisdom of the eons, and one of the purposes of our learning on Earth is to align our personalities, our thoughts and actions, to that clear note of truth. Every word, decision, or action is an opportunity to strive for that alignment. In order to achieve this, we must be able to tune in to our own souls. Otherwise we are like an airplane flying with no awareness of a flight path. Some achieve this through meditation or prayer, others are led to that awareness through life experiences. It is a little like the children's game of hot or cold. If our behaviors leave us feeling out of integrity, then we were not honoring our souls, or the souls of others, and are moving farther from our true path. If our behaviors leave us feeling at peace, and with a sense of the "goodness" of the energy we put out into the world, then we move closer to that path.

Integrity is the key word. If we are taking advantage of, or creating hardship for others, then what we are doing is lack-

ing in integrity. If our product or service damages the environment, and we choose to ignore that, we are out of integrity. If we see the people with whom we deal

only as 'prospects' or 'potential sales,' we miss incredible opportunities for strengthening our earthly connection to soul. Every person in our lives is significant from the soul's perspective. Each one provides an opportunity for being in our highest self and somehow enriching their experience on Earth.

The basis for business originally had to be helping

each other. Two could create more than one and both would benefit. Those who had abundance could help those who didn't. Each could contribute in their own way. Jonas Salk wrote about the survival of the wisest. In 1976 he anticipated the need for a change in the predominant values, away from domination and competition towards cooperation, partnership and the win-win perspective.

As a species we are evolving, and positive evolution is like a *growing up*. Aligning with the wisdom of the soul leads us in the direction of less self-centredness, and greater compassion towards all other beings. We learn to see every soul as equal to every other, regardless of earthly position. We understand that our business dealings are secondary to what is happening at our soul level, and those with whom we deal.

We are also challenged to assess whether our work honors our own soul. If it is not nourishing to us, then misalignment is felt between bodymind and soul. It manifests as stress, or even illness. It should not be surprising that many very successful businessmen succumb to heart attacks. Perhaps the heart and soul are refusing to follow an unhealthy path without putting up a fight.

Integrity means honesty and sincerity. Its root is 'integral,' which means essential, complete, whole. Honoring soul in business means not only acting openly and honestly, but ensuring that we look carefully at the essence and implications of all that we do. It requires honoring the beautiful spirit of wholeness, of oneness, on which our Universe is based.

Gwen Randall-Young is a psychotherapist and author of *Dancing Soul: The Voice of Spirit Evolving*, and *Echoes Through Time: A Message of Healing for Men*.



Gwen Randall-Young

A memorable dining experience
of outstanding vegetarian cuisine

**The Rainbow
Vegetarian Restaurant**

Dim Sum 11 am to 3 pm

**OPEN 7 DAYS
11:00AM TO 9:30PM**

273-7311

8095 Park Road, Richmond

No. 3 Rd. & Park Across from Sears

REBIRTHING
Transformational Counselling
"Re-Source Yourself"

MAHARA BRENNA
Vancouver's Leading Rebirther
Holistic Health Educator
for 20 years

Call for a free phone consultation.

266-6100

invivo
NUTRITION

- Organic Juice Bar
- Sports Nutrition
- Natural Cosmetics
- Books

The best selection of alternative medicine

- Vitamins & Herbs
- Antioxidants
- Immune System Enhancers

Come meet our friendly and helpful staff!

2557 West Broadway,
Vancouver, B.C. V6K 2E9
Ph: (604) 731-3434, Fax: 731-3480

"Your health is our happiness"

FRESH AIR FOR LIFE

We Can Help Solve Your
Indoor Air Quality Problems

Check Out Our Checklist

- Smoke • Dust
- Mold • Mildew
- Odors • Bacteria
- Chemical Gases

**Residential • Commercial
Light Industrial**

Make a Sick Building Well With
the Living Air XL-15

Living Air Purification Systems
Produce Fresh Air Electronically

**INDEPENDENT LIVING AIR
DISTRIBUTOR**

Denis Casserly (604) 251-4797

Aromatherapy
uses pure essential oils
to enhance your state of
well being. To help you
achieve effective results
we have the most
extensive selection
of quality
Aromatherapy
products in
Canada.

Call us today!

**True
Essence
Aromatherapy**

2203 Westmount Road N.W.,
Calgary, Alberta, Canada T2N 3N5
1-800-563-8938

The New Business Spirit

Individuals and companies are bringing soul into their workplace and to their customers. Here are some of the people and businesses enriching our world.

Avani's Oxygen-Rich Water

Dissolved oxygen in water is important for maintaining improved health and



improved water taste. Books have been written about this, such as, "Oxygen Therapies a New Way of Approaching Disease" by Ed McCabe; "Oxygen Healing Therapy" by Nathaniel Altman; "The Medical Miracle Oxygen" by Elizabeth Baker; "The Bodies' Many Cries for Water" by Dr. J. J. Batmanghelji, and various studies by the noted Nobel prize winner, Dr. Otto Warburg. As research continues in the area of oxygen therapies, more and more data is revealing that many of the major illnesses are a result of oxygen starvation at the cellular level.

Avani, a B.C. water bottling company, uses a proprietary conditioning and stabilization process to allow a controlled release of oxygen into the water. The result is consistently higher levels of dissolved oxygen in the water and a much longer shelf life. This in turn provides the consumer with the dissolved oxygen levels important to many aspects of a healthy body. Also, the improved taste of Avani's water leads to increased consumption of water, by itself an important health benefit.

For more information, call Avani at (604) 525-2386.

Born 3 Eggs

Numerous attempts over the years to lower the amount of cholesterol in eggs have had minimal success. Recently, research has focused on modulating cholesterol metabolism by changing the fatty acid composition of the yolk, known for decades to be sensitive to dietary manipulation.

Three types of omega-3 fatty acids are of particular interest to nutritionists: linolenic acid (LNA), eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Evidence from dietary surveys and animal studies have shown that EPA and DHA may reduce the rate of blood

clotting and therefore the likelihood of life-threatening cardiovascular heart disease. Although the evidence is not yet conclusive, omega-3 fatty acids are also thought to have a beneficial role in hypertension, cancer and inflammatory and immune disorders such as rheumatoid arthritis.

Major sources of omega-3 fatty acid include fish and fish oil, as well as vegetable sources such as full-fat oil seeds. Full-fat flax seeds are rich in LNA and an excellent dietary source of energy, protein and omega-3 fatty acid.

Recognizing the potential that the recent interest in omega-3 fatty acids may represent, Born Poultry Farms Ltd. launched an extensive research program to investigate the feasibility of increasing the omega-3 fatty acid levels in egg yolk by feeding flax to laying hens. Even though incorporating flax into the diet is very expensive, health conscious consumers do not mind if the resulting product costs more as long as the product also has increased nutritional value.



Born 3 Egg is the result of companies and people working together and listening to each other and is a win-win for all involved.

Harmony in Careers

Through every organization and company runs a thread or soul, if you will, that is the center of the organizational "core personality."

When an individual is searching for a job or career, it is essential to research not only an organization's "core personality" but also to research their own to assure a harmonious fit. Today more individuals are looking for the right culture in which they can pursue their careers and be fulfilled.

For persons to find that fit, the best environment to be happy and receive the rewards they deserve, requires effort and personal research. Most people have neither the time, the expertise, or the objectivity to evaluate their own

strengths, style, abilities, personality and all the assets they can bring to a job situation. Many have no clear idea in which direction they wish to go, or if they do, don't know how to get there.

At Corporate Career Development, a professional assessment explores choices that reflect the "whole person" and are compatible with the realities of the career market. Examining directions and options that help an individual to fulfill his/her potential and to help



to achieve the greatest happiness, brings the "core personality" or soul of an individual into harmony with that of an organization.

Corporate Career Development can be reached at 685-5094.

Eliane Michel, Eliane Hair Design

After growing up in France I went traveling for six years, three of which were spent exploring Australia. The commitment to achieve harmony of body, mind and environment became my goal, when my husband Daniel and I discovered Vancouver as our home 16 years ago. Vancouver's natural beauty provided me with the physical well being which enabled me to foster a deeper understanding and respect for the earth. Life is meant to be appreciated and I do love to hike or visit nature.

It was in Vancouver that I gave birth to Joelle, our beautiful daughter who shares with me the joys and mysteries of life.

By building a progressive hair salon in Vancouver I had the opportunity to create an environment that would reflect my personal philosophy. I hate phoniness and I love sincerity. True beauty and health is a reflection of a deep connection with one's true spirit in harmony with nature. Be happy. Thank God or the universe for who you are. Appreciate what you have, enjoy simple things, be loving to people around you, have fun (*joie de vivre*) and don't take yourself too seriously. Create harmony and balance. *On est seulement de passage.* Listen to your heart.

Along with my business partner Darlene, and my team of 28 caring individuals, we strive to combine skilled professionalism with a unique empha-

sis on customer satisfaction at Eliane Hair Design. It is with a spirit of joy that we seek to be of service to you.

Joining force with Aveda enabled me to offer alternatives to the petrochemical industries' products. Aveda's deep understanding and respect for the earth through responsible manufacturing and community education, are in alignment with my personal beliefs. We are not separate from nature, but rather we are totally sustained and nourished by her. As an Aveda concept salon we are able to conscientiously couple products of high integrity to our friendly intimate service. Their great line of natural organic products not only beautifies and



improves the skin or hair of our clients, but also are produced in a fashion that treats nature with the respect she deserves.

Eliane Hair Design is located at 4353 West 10th Avenue, Vancouver, B.C., telephone 222-1511.

Healing Touch Centre

Universal energy has been described by many different cultures worldwide over the past 5000 years. In nursing, energy work is based upon the theory of Martha Rogers, who describes human beings as open energy systems in constant interaction with their environment. Through training and practice, therapists and clients are able to tap into the universal energy. It is available to all of us; however, we are frequently too engaged in external events to pay attention to how this energy feels and where it may be blocked. A blockage in the clear flow of the universal energy often results in dis-ease. Therapists work with the client to balance and restore harmony to their body.

The Healing Touch Centre is part of Vancouver Hospital and Health Sciences Centre and has taught energy-based courses to more than 500 people since opening in February, 1996. The services which we provide are private energy

based treatments of Therapeutic Touch and Healing Touch, educational sessions on relaxation, stress management, self care techniques for patients with chronic pain, and energy based healing.

Research in the area of Therapeutic Touch and Healing Touch suggests that this energy work helps to increase haemoglobin content of the blood, facilitates bone healing, decreases pain, improves healing in wounds, and decreases



anxiety. Clients often report a feeling of well being and profound relaxation after a treatment.

For information on courses or treatment, call 875-8284.

Creative Connections

Soul in business for me is about contact—making connection with the heart and core of myself and the person or persons around me. It's being in a relationship and being willing to dance vulnerably with others, myself and my environment. It requires that I suspend my secure, moralistic, right-wrong stances and that I dive into a pool of curiosity and uncertainty.

It means I'm engaged, full of passionate, fiery ideas. It's the juice of my creativity and fuel to ignite my flame of existence. Simply put, it is my source of vitality and continuous energy.

The deep nature of organizational



fabric is woven with people. People make and remake culture every day, everywhere: culture celebrates or mourns how the soul copes nobly with living.

In my experience, no contact, no connection is a breeding ground for increased stress, illness, isolation and accidents. In an economic environment where business is increasingly competitive, I see an opportunity to actively choose the extent to which human contact is valued and nurtured.

Competition without contact/connection leads to destruction and deadness of the human heart and landscape. Competition with connection, with soul embraces the possibility of leading to many creative and vibrant pathways—which unfold with grace and beauty like a blossoming rose. Soul in business is about fostering creative connections.

Cathy Wilder can be reached at 738-9133.

Conscious Career Choices

How do I manifest a simple, harmonious life path of service, joy and material sustenance in my local community without hurting Mother Earth or denying my personal integrity or creativity? This is the question people ask me daily in my business as a career counsellor.

As B.C. companies continue to downsize their staff in order to complete in today's marketplace, traditional jobs are disappearing in our province. This trend is prompting men and women to rise to the challenge of becoming local co-creators of a new soulful work vision.

Whether you are self-employed, employed by someone else, or trying to decide which way to go, I believe everyone is in business for them-selves, making soulful decisions. Look in the mirror. This is your boss. This is who you are truly working for, and this boss probably wants you to take on the lifelong work assignment of discovering the art of fair exchange, while keeping in tune with the spirit of life.

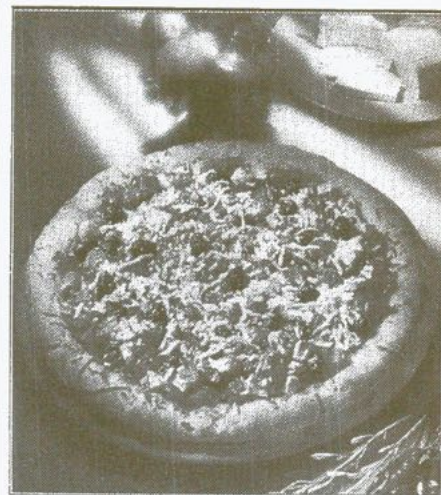
As we approach the new millennium, I believe we must embrace a holistic paradigm of work which fosters soulful decision-making and leadership so that our lifework path is a major act of power for ourselves and the planet.

Marlene Haley, M.Ed.-counselling psychology, is Director of Conscious Career Choices in Vancouver and she provides private counseling, workshops, and corporate consulting services. And yes she loves her work! She can be reached at 737-3955.



TOFU RECIPE

Delicious 'Stay at Home' Meals



El Paso Pizza

Serves 8

- 1/2 - 350 g. pkg. Sunrise Savory Garden Herb Tofu, crumbled
- 2 tbsp vegetable oil
- 2 cloves garlic
- 1/2 cup onions, chopped
- 1 red pepper, chopped
- 1 green pepper, chopped
- 1/2 cup tomato soup
- 1-1/2 tsp dried basil
- 2 tsp chili powder
- 1/4 tsp salt, cayenne pepper, paprika
- 1 - 227 g. pkg. Tofu Rella (Jalapeno or Garlic Herb), grated
- 1-1/2 cups tomatoes, chopped
- 1/4 cup olives, chopped
- 1 pizza crust
- 1 - 156 ml can tomato paste
- 1 tsp oregano

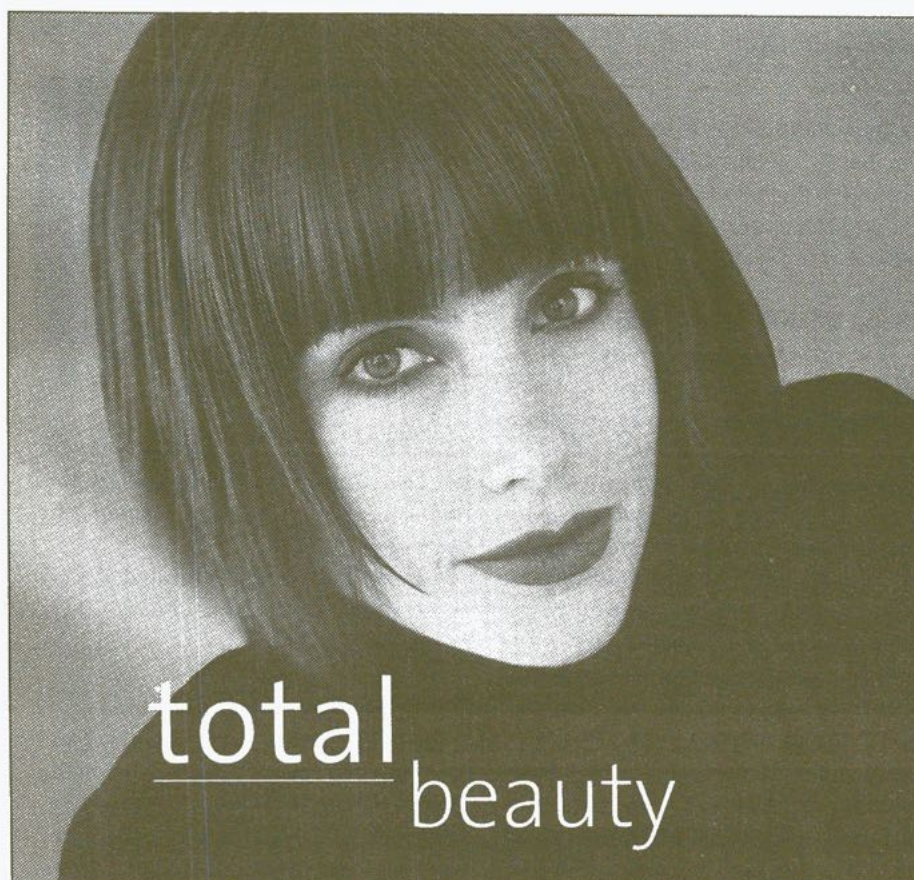
Preheat oven to 450°F. Sauté garlic, onion, red and green peppers in oil for 2-3 minutes. Add tofu, tomato sauce, basil, and spices, cook for 5 minutes. Remove from heat. Spread tomato paste onto crust. Sprinkle with oregano. Top with tofu mixture, tomatoes, olives, tofu rella, and any of your favourite toppings. Bake for 8-10 minutes or until crust is golden and cheese is melted.

Scrambled Tofu

Serves 4

Ingredients

- 500g Medium or Medium Firm Tofu
 - 1/2 an onion, sliced
 - 1 small carrot julienned
 - 1 julienned red or green pepper
 - 50g sliced mushrooms
 - 2 or 3 cloves of finely chopped garlic
 - 1 or 2 diced chilies
 - a 1" knob of ginger, julienned
 - 1/4 cup of watered down soy sauce (50/50)
- Fry up onions, ginger, garlic and chilies (try a few drops of sesame oil). Add mushrooms, carrots and peppers. Squish tofu between fingers into pan and mix in with vegetables. Add soy sauce until the tofu is a light golden brown, fry until most of the soy has evaporated and serve on toast or rice garnished with green peppers.



Enhance your true beauty with Aveda's exceptional services and products for hair, skin and body. Experience the benefits of pure flower and plant essences, in innovative Aveda Stress-Relieving Treatments, facials, Finishing Touch makeup applications, and more.

AVEDA™

THE ART AND SCIENCE OF PURE FLOWER AND PLANT ESSENCES

Hair Care | Skin Care | Natural Colour™ | Plant Pure-Fume® | Body Care

For more information, products and/or services please contact the Aveda Environmental Lifestyle Store on Robson Street or a concept salon nearest you.

AVEDA ENVIRONMENTAL LIFESTYLE STORE
1228 ROBSON STREET
VANCOUVER
TELEPHONE: 604 688 6727
FAX: 604 688 6728

Feng Shui At Home and Work

Feng Shui, the Chinese art of place ment, is becoming more popular in the West as people discover the changes it can make in improved health, happiness, and prosperity at home and at work.

Feng Shui is about creating your own personal paradise where comfort and safety rule, cherished possessions abound, and change flows freely in support of your self-expression and happiness.

Feng Shui is founded on three basic principles

First, all things in our physical world are filled with the living energy called Ch'i. This includes things we may not already consider animate, such as buildings, furniture, machinery and land. Feng Shui views our homes and workplaces as living "beings" whose liveness can support or undermine our success, health and happiness.

Second, all things are interconnected by Ch'i. We share a relationship with everybody and everything in the physical world. This gives a whole new importance to our personal possessions, our neighbours and our communities. Feng Shui maintains that the quality of our relationships with all people, places and things can enhance or hinder our health and happiness.

Third, the Ch'i in all things is constantly changing. We witness this every day in our bodies, our states of mind, our families and in nature. Feng Shui suggests that we use the dynamic quality of Ch'i to our advantage by allowing the arrangement and decor of our homes and offices to change with us, reflecting and supporting who we are now rather than who we used to be.

These Feng Shui principles view the world as completely alive, interconnected and dynamic. In our everyday Western World, we can use these principles to create the most advantageous and harmonious living and working conditions. Whether you want to relax in true comfort at home, or work in an invigorating and empowering office, Feng Shui can help you set up environments that ideally serve your needs.

How do you do this? Take a Feng Shui Survey of your home or workplace using the following three guidelines.

1. Put comfort and safety first.

In Feng Shui, comfort and safety are paramount in your home and work-

place. You can recover from sitting in an uncomfortable chair for an hour. But sit in an uncomfortable chair every day for a year and your entire life can be affected, because the chair is connected to your health, prosperity, relationships—literally every facet of your life. Whenever possible, occupy the "power position" in a room, facing toward the door or entry. This is especially important when placing your desk or bed since you spend a lot of time there. If you face away from the door, you are powerless to see what is going on behind you. This can create discomfort since you might be startled when people approach from behind, and then have to crane your neck to see them. As in the case of the uncomfortable chair, if this continues for a long time it can cause problems that ripple out into all aspects of your life.

Be sure to check for unsafe features in your environment. Sharp corners, pointed objects, crowded thresholds and heavy objects overhead are just a few of the potential hazards that can deplete the vital Ch'i in your environment.

2. Love what you live with, and live with what you love.

Take a detailed look around your home or office. How many things do you really love? Are there items around that hold bad memories for you? Paintings that depress you? Things that are just taking up space? In Feng Shui, everything in your environment is seen as alive and "talking" to you every day. Make sure your surroundings are giving you the right message and that your art, furnishings and features generate warm, positive feelings.

3. Express yourself.

Enhance your home and office with "Ch'i builders" of your own making. Your creative additions to your environment express your Ch'i and invigorate the Ch'i circulating through your surroundings. Arrange flowers, add bright splashes of colour, make your own artwork and move your furniture around to express who you are now. Make whatever changes are appropriate to express the new you.

Based on Terah Kathryn Collins' new book, *The Western Guide to Feng Shui: Creating Balance, Harmony and Prosperity in Your Environment*, published by Hay House, Inc., Carlsbad, CA, USA. Telephone 1-800-654-5126.



What's In Your Name?

Your name creates the way you think and your thinking creates your life.

Most people have not been given the right name!

For a FREE brief name analysis, call 263-9551

The Kabalarian Philosophy teaches a concept of constructive living that provides the key for self development and mental progress towards a more universal concept and individual spiritual attainment.

Ask about our seminars

Society of Kabalarians
5912 Oak St. Vancouver, BC V6M 2W2

The First Step

Do you really have what you want?
Learn to live with passion!

Put your best foot forward back on the path to your dreams...

Call
Lisa and Scott Paton
Ph. (604) 517-8481
Fax (604) 517-8482

Create your own reality.
If not now...WHEN?

The All Good Cafe.

COME AND RELAX AND ENJOY THE VIEW

FULLY LICENSED CAFE SPECIALIZING IN VEGETARIAN FOOD

687-0884
1280 W. Pender Street



Getting to Yes

Resolving Disputes & Managing Transition



Painful Conflict... Why Suffer? A mediator can help.

- Safe environment
- Address difficult issues • Resolve old and current problems

Call today for a free brochure and information

JILL SCHRODER
Mediator & Training Consultant
662-7561

Experience a Deep and Profound Process

- Increased energy and vitality
- Relieve pain, stress and tension
- Improve posture
- Expand your sense of well being

Call now for your free 1/2 hr consultation.

733-0339

Jenny Lou Linley
Westcoast Hellerwork

Heal Your Self

Everything You Need To Heal Yourself

Colour and Light Equipment

- Manual
- Colour Gels
- Light Fixture

Complete Package Only
\$395.00

Call now for more information.

Life's Light

Suhzunn (250) 755-1417
Deanna (250) 751-1696
1460 Rose Ann Drive
Nanaimo, BC V9T 4K8

WEEKENDS AREN'T FOR HOUSEWORK!

Enviroclean's



- 1 Bathroom, 3 rooms & Kitchen - \$40.00
- 2 Bathrooms, 5 rooms & Kitchen - \$60.00
- 3 Bathrooms, 8 rooms & Kitchen - \$85.00

25% off first clean!

Perfect Touch Housecleaning 218-3301

Available 7 days a Week
for all your housecleaning needs.

* Approx prices for Regular Cleans on a twice per month basis

"...for anyone who is struggling to sort out the physical, emotional & spiritual issues of life"

— The Aquarian

Parapsychologist and teacher **Bernard Willemssen** explores the powerful role of the psyche in health and healing. An indispensable guide to personal and spiritual growth.

Order from your local bookstore or call Quasar Books,
1-888-299-2665 (toll-free) www.solutions.net/quasar
Distributors: Dempsey, Moving Books, New Leaf



LOOKING FOR AN APHRODISIAC?

Ashwagandha
has the solution.
100% natural herbal product
without any side effects.

Ayush Herbs Inc.

Call with your order at
1-800-925-1371

Fax: 206-451-2670

E-mail:
ayurvedic@ayush.com

Tell us about this add
and we will give you 25% off
your next purchase



amnesty international film festival

November 22-24, 1996

H.R. MacMillan Planetarium
1100 Chestnut St, Vancouver
(ample free parking)

Programmes and advance
tickets available from

Duthie Books Downtown
919 Robson Street

Magpie Magazine Gallery
1319 Commercial Drive

Videomatica
1855 West Fourth Avenue

H.R. MacMillan Planetarium
1100 Chestnut Street

Tickets will also be available
at the door.

For more information, contact Michael
from Amnesty International Group 17
at 662-3909 (evenings).

HERB OF THE MONTH

5000 years of garlic use



"Wherever I find garlic,
there I find good health;
and wherever I find good
health, there I find garlic."

-Maurice Messegue, French Herbalist

It is 3000 B.C. and you have just returned home from your Ayurvedic physician. He has prescribed garlic for your condition; your lungs are congested from excess *kapha* (mucous) and disturbing *vata* (nerves), causing spasmodic coughing. Being pungent, garlic helps to break up the congestion in your lungs.

It is 2000 B.C. and your Chinese doctor has prescribed garlic because of its warming nature for the cold, damp condition you are complaining of.



Don Ollsin

The Greeks, Romans and the old English have all used garlic for its healing properties. Louis Pasteur, the great Frenchman, praised garlic for its antibiotic activity in 1858. Albert Schwietzer used it for amoebic dysentery during his time in Africa. During World War I, garlic saved 1000's of lives as an antiseptic, the juice being spread on sphagnum moss and applied to wounds to prevent gangrene.

Today garlic is scientifically proven to be useful in many conditions. It is still used for infections as an effective anti-microbial, antibiotic and anti-viral treatment. Garlic is good for bronchitis, asthma, pneumonia and coughing. In the colon it destroys pin, round and tape worms, while supporting the growth of healthy bacteria. In Chinese medicine the lung and colon are most active and sensitive during the Fall.

The predominant killer today is heart disease. Garlic is excellent for high blood pressure, improving circulation, lowering cholesterol and preventing arteriosclerosis. It is also helpful for diabetes. Garlic boosts our immune system, acting as a preventive aid.

My wife and I spread raw, crushed garlic on bread and feed it to our seven-year-old daughter during cold and flu season. We eat garlic regularly in sandwiches, rice, potato or pasta dishes, both as a preventive and a digestive aid. Even my 83 year old mother takes it daily in apple cider vinegar and honey to keep her blood pressure down.

For the very young it can be made into an oil and rubbed onto the bottom of the feet (works well with infants).

Using a garlic press, put 4 cloves of fresh garlic into 1/2 cup of olive oil. Warm over low heat for one hour. Strain and use generously.

The leftover fresh garlic pulp can be applied to ringworm.

The warmed oil can also be dropped into the ear in cases of ear infections (works incredibly well). Test it on your wrist

first to make sure it is not too hot.

Garlic can also be put into a 50/50 mix of warmed water and apple cider vinegar and inhaled for sinus infections. As a blood purifier, garlic removes many toxic substances from our blood including heavy metals.

Garlic is one of the oldest cultivated plants in existence. You can grow it economically in your garden or purchase it for a reasonable price from your local organic grocer (organic garlic is preferred).

There have been world symposiums on garlic and there is an annual Garlic Festival in Gilroy, California, every July, where thousands of people gather to share their love of the "stinking rose." Write The Garlic Shoppe, 4310 Monterey Hwy., P.O. Box 247, Gilroy, CA 95021 or phone (408) 848-3646 for festival information.

Ecologically, garlic is a first class medicine that is totally renewable, supports local economy, reduces excess shipping and produces no toxic waste.

It is 1996 A.D. and you have just come home from seeing an Ayurvedic Herbalist who recommended that you use garlic for your excess *kapha* condition. Enjoy your garlic!

Don Ollsin is an Ayurvedic Herbalist and can be reached at 738-8446 for classes, home study courses or consultation, by email (healing@islandnet.com) or at Gaia Garden Herbal Apothecary, 2672 West Broadway, Vancouver, B.C. V6K 2G3, (604) 734-4372.

FINDING COMMON GROUND

A place for inspiring words of faith, celebration, community, and finding common ground, from those who bring us joy and renewal.

Dominion Herbal College

Dominion Herbal College in Burnaby, B.C. is the oldest and one of the few colleges that offer a wide range of courses in herbalism. As part of our year training program, the Clinical



Herbal Therapy students are required to complete 500 clinical training hours under the supervision of a qualified Herbal Practitioner. We have two student training clinics. The clinic in Burnaby at the College has been running for two years and in February 1996 a clinic was opened in Toronto. Both these clinics provide training for the students and at the same time allows the general public to benefit from obtaining herbal remedies at a low cost. Dominion Herbal College is located at 7527 Kingsway, Burnaby, B.C. V3N 3C1, telephone 521-5822.

Herbalism is the use of plant remedies to treat common ailments and promote wellness. It is the oldest form of medicinal healing known to mankind. It is now classed as a "complementary" and "alternative" discipline but it is still the most widely practiced form of medicine worldwide with over 80% of the world's population relying on herbs for health. Now with the advancement of science we are able to identify some of the chemical constituents within the plants and can better understand their healing properties.

People have and will always rely on plants for food to nourish and sustain the body. Herbalism can be seen in the same way. Plants with a particular affinity for certain organs or systems of the body are used to "feed" and restore health those parts which have become weakened. As the body is strengthened, so is its power and ability to fight off disease and health is restored.

Most of the pharmaceutical drugs used today are based on plant constituents. They are usually an extract of a single active constituent of the plant which are manufactured on a large scale. Herbal remedies, however are extracts from the leaves, berries, stems, roots and flowers.

Clinical Herbal Therapists are trained extensively in health assessment skills and take a more holistic

approach to illness. The underlying causes of the problem are sought and it is this which can be worked on rather than just the symptoms alone. Clinical Herbal Therapists use their remedies to restore the balance of the body and bring it into harmony so it can promote the body's own healing powers.

In North America, particularly as we near the 21st. century there is an urgency and great need for the well trained skillful Herbal Therapist. We have to find a new way to deal with the pollutions of the body that were not around 30 years ago or were not recognized, such as new food allergies, stress, environmental and viral afflictions. Herbal remedies are an excellent integral form to support compromised immune function.

Buckwheats

Buckwheats Bake Shop is located in the Heart of Kitsilano at 3654 W 4th Avenue. We have been baking homestyle treats since February 1994. We pride ourselves in using only the best ingredients in our selection of comfort food. Buckwheats uses certified organic blueberries from Matsqui



Blueberry Farms, in our buttermilk fruit scones, muffins, organic oat bars and blueberry cinnamon buns. We also use certified organic oats and organic whole wheat flour shipped straight from Grainworks Farm in Southern Alberta for all our organic oat bars. We feel it is important to support farmers who produce organic products as they are the leaders in creating a new public awareness towards the benefit of eating quality organic food.

Buckwheats believes in supporting the environmental movement and local charities. They sent baked goods to the environmental activists at the Clayoquot Sound camp during the heated confrontations a few summers ago. They are also very active with the Friends for Life Society who do such a great job in providing comfort to those suffering from AIDS and cancer.

At lunch, drop by to enjoy a selection of hearty vegetarian soups and

Isadora's
Co-operative Restaurant

**Feed your body.
Feed your soul.**

- creative vegetarian and non-vegetarian cooking
- seasonal, organic, locally-grown ingredients
- featured wines and microbrews
- welcoming new atmosphere
- summer menus and sunny patios in June
- committed to the local and global community

1540 Old Bridge Street, Granville Island
681-8816

Your Professional Career as a TCM practitioner begins with ICTCM of Vancouver

- Comprehensive 3 year programs of Traditional Chinese Medicine, Chinese Acupuncture, & Herbal Medicine
- Part-time, evening, & weekend courses
- Financial Assistance may be available
- Three-level Medical Acupuncture for Professionals
- One year Certificate programs: Chinese Nutrition and Food Cure, and Tui-Na (Chinese Massage). Starting January 1997.

FREE CONSULTATION
in our College Clinic

International College of
Traditional Chinese
Medicine of Vancouver
#301-1847 W Broadway Vancouver BC V6J 1Y6
731-2926 FAX 731-2964

IS YOUR HOME SICK?
A Host of Pollutants Commonly Found Indoors
**ALLERGENS, MOLD, MILDEW, DUST, BACTERIA
ODORS, POLLEN, SMOKE, GASES**

Portable electronic units send Ozone and Ions into the Indoor environment replenishing the air like "Mother Nature".
Chemical Free and not a filter
Dealer Inquiries Welcome

Alpine XL-15 **CALL 1-800-230-8813**

CHRISTMAS MARKET

NOVEMBER 7th to 11th

DISCOVER THE MAGIC OF CHRISTMAS

at the 23rd Annual Circle Craft Christmas Market

UNDER THE SAILS AT THE

VANCOUVER TRADE & CONVENTION CENTRE

For info call 737-9050



For the finest juried BC Art Craft visit the Circle Craft Gallery/Shop in the Net Loft opposite the Granville Island Public Market.

Open Daily 10 am - 6 pm
For info call 669-8021

Are You 100% Satisfied With Your Health?



The Self-Defense Cookbook makes eating healthy easy!

- Over 95 no oil vegan recipes for one.
- Weekly shopping lists & menu plans.
- Tips on selecting & storing the freshest fruits and

To Order Please Call (604) 731-9225

<http://community.web.net>

Web Networks

Full Internet Access & Progressive Social Change Online Resources

Call 1.800.932.7003 to get your subscription today.

<http://community.web.net>
outreach@web.net

chili, along with curried veggie or spinach filo pockets. Buckwheats baked goods can be found at many fine locations throughout the city. Their "Sunflower Labels" identify their products at locations such as Capers and Choices Market. Buckwheats would like to thank everyone who has supported them over the years and for supporting the organic movement. See their ad in this issue and drop by for your complimentary cookie or organic oat bar.

A Long-Lasting Relationship: Jane and Brent Cassie

Jane Cassie has been a registered nurse for twenty-one years. She currently works full time in a community health program and teaches part-time at a local college. Along with nursing tasks, her work involves varied relationships and problem solving.



Brent Cassie has been an elementary school teacher for twenty years. He has also worked with young offenders, volunteered time for community organizations and has designed and built two homes.

Have you ever been walking along a street or promenade and couldn't help but notice the smiling couple walking slowly towards you? Your attention may have been drawn to them because of the closeness they appeared to share—not simply their physical closeness of walking arm in arm but a special

intimate connection that they exuded. Oblivious to others around them, they were totally consumed with each other as they shared and laughed together. Did you imagine them sharing their innermost selves and feeling close to each other? Do you long for that sharing in a relationship, either with someone new or with your current partner and wonder how to achieve it?

Before they met each other, they both wondered how they could achieve intimacy in a relationship. This closeness, openness, and acceptance were things they craved, and things they have since been working at developing in their relationship. This book is based on their personal experiences and research findings. They have explored, what they feel, are key principles for a loving and expressive relationship. Commitment, trust, respect, communication, conflict resolution, and sharing time together are the principles they have discussed. Personal examples and over 250 practical ideas are provided in order to teach the reader ways to demonstrate these principles and enhance more intimacy in their relationship.

They don't profess to be experts in the field of relationship counseling, and they don't claim to have degrees in psychology. What they do recognize, is that they are a typical couple, in today's times, dealing with the same needs and desires as other typical couples out there. They hope that by sharing some of the ways that they have found helpful in developing a happier, closer, and more intimate relationship, others will also find them helpful.

To obtain more information and/or copies of: "How To Create A Long-Lasting Relationship: A Practical Guide To Achieving Intimacy, contact: Solid Solutions Publishing, Suite 101-1663 128th St., Surrey, B.C. V4A 3V2. Fax: 538-6556. Price: \$13.99 per copy plus \$2.00 for shipping. Payment can be made via cheque or M/C (mail or fax). Copies also sold at Banyen Books, price: \$15.99.

Common Ground - Uncommon Reading

Stress
LIMITS your
LIFE

Improve your
physical and
mental health
Naturally
regenerate
stimulate your
body

Call now for an
individual session.
Classes available
Sarina
Kier
Reiki Master



tel
264
8487

Let REIKI
limit your
STRESS

Technology as a Spiritual Analogy

Is the internet perhaps a foreshadowing of an "inner net" through which souls of a common purpose communicate and exchange information?

by Jeff Swanson

There is today some debate as to the validity of our technological existence. Are we violating some prime directive by immersing ourselves in computer circuitry? Is technology in and of itself corrupting us?

Probably not, if we maintain the perspective that technology is a means, rather than an end unto itself. The question, of course, is "What end do we seek?"

The great teachers of ages past have drawn on day to day experiences for their analogies to inner development. Jesus used analogies (parables) of farming and fishing because that's how the people of his day occupied themselves. He was a highly trained professional of his time. We may not regard carpentry as high tech today, but 2,000 years ago, if it wasn't woven or molten, it was wooden. The carpenter of his day is more accurately described as an engineer/mechanic/architect/carpenter; it was leading edge stuff.

Swedenborg was a retired mining engineer before embarking on his cosmic visions, and Muhammad was in the camel business—the most advanced means of transportation of his time and place. Technology and spirituality seems to have worked wonderfully well for these people.

There have always been, and probably always will be, those who walk away from society, into the wilderness to commune with God. Then again, if everybody goes off into the woods, we end up with a new wilderness instead of a wilderness. Along with the increased population come the usual problems. By the way, have you visited the Gulf lands lately?

Why bother to incarnate into a society as complex and stressful as ours if not to master those same complexities and stresses? Rather than chanting the mantra that "spirituality is not keeping pace with technology," we are better served by efforts to find the connection. We won't evolve by rejecting or ignoring technology, but by outgrowing it. Let's look at some evolutionary possibilities.

What is the shape of things to come? Cellular phones and short wave radios are amazing devices. They allow us to communicate instantly with people almost anywhere in the world—provided the people on the other end are on the same wavelength. Most of us have experienced the time when communication across a room was more difficult than across the country. Psychic communication cannot be so far beyond and seems to operate along the same fundamental principles. Is the internet

perhaps a foreshadowing of an "inner net" through which souls of a common purpose communicate and exchange information? The discussion of "frequency" and "wavelength" in relationship to communication adds meaning, and is the result of relatively recent advancements.

Movies and television offer us intriguing notions about time and its construction or editing. We have the option of sitting hypnotically transfixed by reruns or we can get up and produce a life. Life's possibilities are as limitless as any television program or movie ever could hope to be. Each of us has the opportunity to plan our lives before being born. Are we living up to the script we've written?

Those paying attention have discovered, in this age of science, that all is made of energy; right down to the last atom and beyond. Kids now take for granted such knowledge as was once unimaginable even to a genius of another age. The sum total of human knowledge doubles every year now, and is accelerating.

The trick of course, is that information does not necessarily translate into understanding or wisdom. It's just data. Some would go so far as to suggest that knowledge (the apple) and the pursuit of it, is in fact, our problem (original sin). Having seen ignorance at work, I must disagree.

We suffer not from too much or too little information, but from lack of understanding of ourselves in the context of that information. The difference between information and understanding can be contrasted with a simple question: "How can anyone intelligent enough to grasp the construction of a nuclear weapon be so unwise as to actually build one?"

Trapped in time, unable to see beyond a single frame of The Great Movie, we are blind to the consequences of any action or inaction. Only when our minds can reach beyond the immediate, tangible world into an awareness beyond physical existence, can we hope for a better world. Science and technology do not offer us answers directly, but may offer us signposts along the way to discovering our Spiritual Self.

Jeff Swanson is the coordinator of the Computer Graphics Program at Metro Training Institute in Vancouver and teaches graphics at CDIS (Centre for Digital Imaging and Sound) in Burnaby. He is a freelance designer, photographer and writer. To give him grief about his opinions, he can be contacted at jswanson@uniserve.com.

GIVE YOUR CAREER A LIFT!

Wouldn't it be great to work at something you enjoy...

...and even something creative instead of destructive, too. If your imagination takes flights of fancy, Computer Graphics might just be your line of work.

Perhaps you prefer to work with tangible, living things. Like plants and people. Our Horticultural Program can get you started.

Computer Graphics

Metro Training Institute is offering a 22 week program which includes four weeks on-the-job training. It's an intense course with a solid grounding in the programs you'll need to work in the industry.

Study includes:

- Photoshop
- Illustrator
- PageMaker
- Fontographer
- Print Technology
- QuarkXPress
- Extreme 3D
- CorelDRAW
- Design

This is the software the industry requires; No typing, no useless programs. In addition to software, the principles of design, type and print technology are explored in depth.

Our fully equipped computer lab is open and staffed with a teaching assistant for an additional 4 hours each day after regular classroom hours. You won't find that anywhere else!

Horticultural Grounds Maintenance

This 22 week course is designed to make your love of plants and living things a paying proposition! You'll study:

- Landscape Design
- Botany
- Landscape Insects
- Landscape Diseases
- Landscape Estimating
- Perennial Plants
- Equipment and Tool Maintenance
- Elements of Small Business
- Occupational First Aid
- WHMIS (workplace hazardous material information seminar)
- Plant Identification
- Turf Management
- Pruning

Financial assistance may be available.

METRO
Training Institute
Member PCTA - NACC

Train today - work tomorrow

Graphics:
682-6020
Horticulture:
599-3630

parents have spiritual beliefs but they don't follow any particular dogma, so I was left on my own. Nobody told me there's actually a God out there who will give me life and sustain me.

While at university, I decided there must be more to life than just us working here all day long—that can't be what life is all about! So I began searching very earnestly and woke up to many religions. I was reading about every kind of religion out there: Hinduism, Buddhism, all forms of Christianity. It was a period of great spiritual growth for me.

CG: You had a real thirst for enlight-

enment. Where did it lead you?

TG: In my travels, I became involved with a Hindu guru in India, guru Baba Ji. He was supposed to be the Master from Yogananda, but you never know.

This "Master" business is big ego business—big money business, too! You have to be very careful..

I lived and worked in many ashrams. Everybody talks about past lives and this and that, and many times it just feeds your ego, making you think you're greater than you really are. At the same time, my guru had many transcendent powers, so it was very inspiring to be around him.

I also visited many local cultures. I

traveled through Taiwan, Malaysia, Singapore, even through Japan on little motorbikes. And I could see that a simple, basic vegetarian diet, not too fussy or complicated—a good vegetarian farmer's diet—is the best thing for you. The local people lived a very simple life: plenty of exercise, lots of fresh air, a very positive outlook on life, and a very strong spiritual belief in God. These are still the ingredients for long life, in every culture.

CG: What happened when you returned to America?

TG: I studied and studied and studied about natural foods and remedies and about spirituality. I had a TV show on vegetarianism and natural remedies on a local Vermont network, and gave many courses and lectures.

CG: Where did your search take you next?

TG: A few weeks before I was leaving to go back to Europe, I met my wife, literally in the middle of the road. The same day we met, we decided to get married. That was thirteen years ago.

We decided to go back to India together to Baba Ji's ashram. My parents did not approve and offered me money to stay in Europe. But I said: No, forget it. I want God more than anything else; I don't care about my family's plans for me.

My parents disinherited me; they cut me off completely. Off I went with my wife; the search was on. We went to the ashram, shaved our heads, and married there. But we returned to America after just a few weeks.

CG: Why? What happened?

TG: My wife and I had gone to the ashram, her eyes were more open than mine. And after a short while, we saw that people get really fanatical in these ashrams. They give up everything to find God, and they think they can get that from somebody else.

We also saw that the guru hadn't gotten his sex force under control; he had his little harem on the side. This guru, who looked very, very young and spiritual when he started and became a master, had aged very quickly. In just ten years he had aged from a boy of eighteen into someone who looked like a sixty-year-old man.

In some respects, he was very pure. He had reached a high level of attainment. He could even precipitate certain things. But he abused his power and did not maintain self-discipline. Sex energy should be used to create beautiful human beings; if you preserve it in the body, you become more creative. But if you are impure, if you waste your sex energy, you get older faster—especially when



Thomas and Lauren Greither next to the Pitt River near Pitt Meadows with an amphibious car.

you are on the Path, and have conscious knowledge of these things.

CG: So the scales fell from your eyes?

TG: Yes. My wife was much stronger and saw it right away; there cannot be anything of God here. We decided we were finished with this master, and we returned to America. I decided I wanted to stay, so I emigrated into the United States.

My wife and I still had the spiritual search in our hearts, and we continued reading. We read a book called The Masters of the Far East by Brad Spalding and were truly inspired.

Spalding has an experience with a true Master of the Light, who transcends death completely. True Masters can precipitate all their needs. They are not susceptible to age anymore; they are really beyond life and death. They have truly mastered life. And they are humble; they do not tell you they are Masters. When I saw their perfection, beauty and purity, totally independent from anything else in this world, I said, Okay, I am not going to settle for anything less! I have maintained this spiritual quest to this day.

CG: At what point did you enter the natural remedies business?

TG: Soon after our return, my wife and I started a health food store together. It still exists—it's called Healthy Living, in Burlington, Vermont—and it's quite successful now. After two years, we decided we weren't retail people. I wanted to get more into manufacturing; I had always loved cooking and experimenting with food. I had already started making cold-pressed vegetable oils in 1984 and selling them in my store. So I sold the store to go into manufacturing oils full-time.

CG: How did you get involved with FLORA?

TG: FLORA was a Canadian company, founded in 1967 by Siegfried Gursche of Alive magazine with two partners. Over the years, Siegfried had distributed my father's products. When Siegfried's partners wanted out of FLORA, Siegfried offered their shares in the company to my father. My father



Libraries have thrown open their doors! Public Library InterLINK gives Lower Mainland and Fraser Valley residents free access to all library services and materials in all of its twelve member libraries.

InterLINK Libraries

Bowen Island Public Library Association	947-9788
Burnaby Public Library	436-5490
Coquitlam Public Library	931-1444
Fraser Valley Regional Library	525-5699
New Westminster Public Library	521-8874
North Vancouver City Library	980-0581
North Vancouver District Public Library	984-0286
Port Moody Public Library	939-1588
Richmond Public Library	231-6422
Surrey Public Library	588-4433
Vancouver Public Library	331-3500
West Vancouver Memorial Library	926-3291

HELLERWORK

YOUR FIRST CHOICE IN ALTERNATIVE HEALTH CARE

WHAT IS IT?

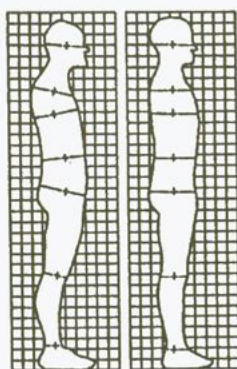
- Deep tissue bodywork
- Movement re-education
- Dialogue

WHY DO IT?

- Heal the past wear and tear
- To prevent further damage
- To produce lasting change

THE RESULTS!

- Relief of chronic stress & muscular pain
- More energy & vitality
- Improved posture/movement



"Hellerwork has been the least amount of effort, the least amount of time, the least amount of money for the greatest amount of benefit of anything I've ever done."—Robert Williams D.C.

"The results have been both immediate and long lasting."—Paul Horn, musician

Please call for more information and a practitioner in your area. Toll free 1-888-ALIGNED

Food Security

Justice

Sustainability

Self-reliance

Community

Health

Networks

Research



FarmFolk/CityFolk Society

#208 - 2211 W. 4th Ave.
Vancouver, BC, V6K 4S2

ph. (604) 730-0450
fax (604) 730-0451

e-mail: farmcity@alternatives.com

http://www.alternatives.com/groups/farmfwho.htm

Join for our food future

Membership

Individual	\$25
Food/Ag Prof.	\$50
Seniors	\$15
K-12 students	\$6
Non-profit Soc.	\$100
Small Business	\$250
Corporate	+\$500
Low Income	\$15

A not-for-profit registered charity

aid, Why not have an arm in Canada and own stock in a company? So he bought fifty per cent share of FLORA.

Over the years, the company grew, but did not make any money and was running more and more into debt. It could not really operate on its own, so my father was financing it. He decided it was too much of a financial burden, and offered to give it to Siegfried for free. But Siegfried said, "No, you have it." So my father ended up owning a company he didn't really want, with Siegfried as the manager.

When I went into manufacturing, I wanted to do everything on my own. I ran my operation without any help from anyone, including family. But then my father called and asked me if I wanted to work for him and run FLORA. I said, Okay, I feel I can do that now, I can work for my family again.

So I took over FLORA in Canada and tried to do my very best. After a few years, my wife and I bought all the stock from my father. So we own FLORA now.

CG: What were the first products FLORA produced?

TG: The very first products were laxatives. When I joined the company, the first product we produced was cold-pressed flaxseed oil.

CG: What is FLORA's current direction? What are your new products?

TG: Herbal remedies are the future. So we are developing additional herbal remedies which are clinically tested and backed with good scientific research. It is very important to substantiate high-quality products with solid research. We are also expanding into the herbal tea market.

CG: Do you grow your own herbs?

TG: We do have a farm, and we are starting to grow a lot of our herbs ourselves. For example, our product essence contains many herbs grown on our farm. We have also started a project to involve other farmers, to stimulate other farmers to become Certified Organic Growers. We encourage local farmers to grow for FLORA.

CG: Then you can process their herbs, package them into products, and distribute those products.

TG: Yes, exactly.

CG: What is the heart of your current spiritual search? What do you think of today's spiritual practices?

TG: Spirituality is so big and vast; as a spiritual seeker, you must be on guard. When it comes to God, people become very gullible. Many are drawn to God because of fear. But if it takes fear to believe in God, then you know it's wrong.

And so many "spiritual leaders" are after your money. But if somebody truly believes in God, he should never, never ask for your money. I don't care who the spiritual leader is or what the organization is — if it's Krishna or the Buddhists

or the Catholic Church—if they ask for money from the people, from their students, their disciples, their church members, then for me the religion stops there. Because it tells me that the leaders are not trusting enough in God to supply them with money. If you have true trust in God, if you really have a foundation and you trust no matter what, no matter how bad things get sometimes, then you do not have to ask for money; it will come automatically.

Because God is still for free, thank God. You can still breathe air for free.

Just so, spiritual knowledge should be free, a free gift of love. True spirituality is not a business, not a money-making thing. It comes from your heart; it is something kind, beautiful, pure, and perfect.

CG: How do your spiritual beliefs guide your personal and business ethics?

TG: I believe you must carry this spiritual understanding with you in your life and combine it with basic ethics. All religions have ethics.

Whether they are Hindus or Buddhists, Krishna or Jesus, they have in common something I like very much: a karmic law. The Christians say that as you sow, so you shall reap; the Hindus and Buddhists say that whatever you put out comes back to you. This simple karmic law is a cosmic law; nobody, whoever he or she is, can jump over it.

CG: Not even people who say they're Masters?

TG: That's right. Nobody can jump over the law of karma. What you put out is what you get back. It's one thing to understand this intellectually; anybody can read books and understand. But to really live this law in every action, every thought, every aspect of being, is something else again. To have the self-discipline to work it through, to openly admit that we make plenty of mistakes, and that we're working to make fewer and fewer and fewer mistakes.... I make tons of mistakes, but I keep trying to do things better.

If we could just realize that what you put out comes back to you, and let this realization guide every action, then we would not need any armies.

Nobody would commit a crime anymore, nobody would even think of stealing something from you, because they would know they would become miserable, their life would go miserably.

If I try to live off somebody else or off the government, it's going to come back to me, too, and I will never get further on in my life. The first right and responsibility of freedom is to stand on your own two feet, on your God-self, and to be responsible for your own actions.

The only way we can solve today's problems is by going back to God, and learning the simple law of action and reaction. All churches, all religions, preach this law. But we must live it. Religion is

not something far out there, or something to discuss for hours. Religion must be something we live on a daily basis; it must be part of our life now! I must admit, I am getting very fiery talking about this.

CG: So taking responsibility for our actions is at the heart of spiritual practice?

TG: Yes. You get taught nowadays to take less responsibility and to pursue more self-fulfillment. But if we don't each take responsibility to make this a better planet, if everybody just goes out to further themselves, and does whatever they want to do without contributing to society, then we will never act selflessly.

I don't mean you have to give away all of your money. I mean you must give something of value to society, something to beautify it and perfect it. You could be an artist who paints a beautiful picture which inspires many people.

And your contribution doesn't have to be a product; it could be any type of service. It could be as little as cleaning bathrooms. I do that sometimes in our company; I do everything and anything. If I see something is very dirty, I get right into it and clean it up. And it's very fulfilling, because after about

ten minutes, I see that everything is getting clean. It's much more rewarding than working on trying to get the government to change its health care policy; that's like digging somebody out of concrete.

CG: What is the essence of your spiritual work, as a human being and as a business leader?

TG: I'm trying to be a good citizen, to contribute to society, to be some sort of an example, knowing I'm not always perfect. But I am trying, and hopefully young people can get inspired by my efforts. I love young people greatly because they are the future of the world. They are the ones who have to carry today's problems, so they need all the assistance they can get.

I am trying to keep alive what I feel is the original American spirit—freedom, trust in God, honesty, integrity, kindness from the heart. It takes hard work, but it is our responsibility to keep these things alive today.

My biggest concern really, and my company's biggest concern, is to make this a better planet, to contribute in some way to helping human beings ascend spiritually. After all, we are both privileged guests and custodians of God on this earth.

Women Living with Intention & Passion

INDIVIDUALS WORKSHOPS GROUPS

 Cathryn Wilder 738-9133
Personal & Professional Development

Services: electromagnetic field (EMF) surveys + mitigation (net currents, RF+mw, geomagnetics) across Canada by trained professionals.

Products: range of EMF meters -- from the simple quality probe to the most professional. To help you, we also offer books, courses on how to conduct problem-solving surveys. Other products include EMF shielding devices,

full spectrum light
OTT-lite (radiation-shielded) and a variety of advanced clean air systems.



write or call for more information

ESSENTIA

100 Bronson / 1001, Ottawa K1R 6G8
(613) 238-4437; fax: 235-5876

 no shipping charges for orders with this ad

Dr. Riko Ricketts

DDS, Inc.

DENTIST

Suite 303- 1770

West 7th Ave.

Vancouver, B.C.

V6J 4Y6

Tel: 736-4535

Fax: 736 - 4536

*New patients
welcome*

BOOK REVIEW

Don't Water the Stick

Reviewed by James Bohdi

Don't Water the Stick: The Path of the Psyche, by Bernard Willemssen with Penny Margolis, Quasar Books, 1-800-299-2665. This is a good beginners book, particularly if the reader is looking for original accounts into the myth of the psyche. Willemssen has developed this book, and the ones to follow in this series, from courses he has taught. A natural teacher, he has translated the course into a great book on basic spiritual/psyche thought for anyone. It will make you think and examine your own truths. It teaches awakening to the recognition of ingrained beliefs that have us badly as adults, and the development of healing abilities and psychic communication. This recognition is the first step toward the control of our psyche and a call to think constructively and creatively.

I would urge any person with aspirations as a healer to read the chapter on Health & Healing, particularly the author's response to a question on energy manipulation. "No one is ready to practice healing after a week-end course or a few workshops." The healer needs first to examine what Carl Jung called our shadow side—the traits we would prefer not to have and which require time and concerted effort to acknowledge and embrace.

For Willemssen, "Leading a spiritual life, means taking responsibility for ourselves at the most primal level. It means rooting ourselves firmly in reality and developing an understanding of who we are and how we relate to our environment."

Willemssen regards personal growth as part of a spiritual path. He doesn't recommend any one spiritual path, but instead tries to stimulate the reader to think about definition, purpose and results of spiritual pursuits.

In reading this book, you will discover the futility of wasting time and energy on what will not grow,...don't water the stick.

He says we are in a state of acceptance when we accept our total self, without excuses or regrets. Some people say they have problems be-

cause of traumatic past lives, but Willemssen says this is no better than saying they are this way because, because, because..." Only from a foundation of acceptance can we make a thoughtful

evaluation of what steps we can take to bring about change."

In the author's view, we often misplace our energies by putting others' needs before our own. He describes the difference between selfishness and self-centeredness. For a full understanding of the ego-defense concept, you will have to read his book.

Louise Hay: From page 29

change from within. Please stop enabling her to continue on this destructive pathway.

Affirm: *I have a harmonious, prosperous business. Everyone is safe.*

Louise L. Hay is a metaphysical teacher and the bestselling author of 17 books, including You Can Heal Your Life. For a free catalogue of books, audios, videos and other products by Louise Hay and other Hay House authors, please call (800) 654-5126.



C A R D F I L E



Charlotte R. Gottschau
BARRISTER AND SOLICITOR
FAMILY LAW & MEDIATION

1023 McLean Drive
Near THE Drive
Vancouver, B.C.
V5L 3N2

Phone + Fax
(604) 878-1266

CHARLOTTE R. GOTTSCHAU Personal Law Corporation



Russian Astrology
+ dreams and mind reading

Psychic Tatiana

FREE astrochart

682-0512

ENERGY FOR LIFE™
Super Blue Green™ Algae

Wendi Tingley (Wellness Coach)
INDEPENDENT DISTRIBUTOR

Balance & Harmonize
Body & Life

Tel. (604) 433-4732
Fax. (604) 433-2460



PATHWAY TO GREAT HEALTH AND WEALTH!

Lifestyle Management Group
"Integrating Mind, Body, & Spirit"



Counselling & consultation for individuals, couples, & groups
• lifestyle changes & transitions
• relationships • separation/divorce
• grief/loss, abuse • addictions
• career exploration • stress management
• personal health & fitness management

For appointments & information, call 258-6984
Murray Johnson, M.A. Pohsuan Zaide, M.A.
Joan Santopinto, B. P.E.

1920 Richle Rd.
Christina Lake
B.C. V0H-1E0
Green House
Art & Retreat Center
Ph/Fax (604) 447-8556

Write for a schedule of our workshops and retreats
Or you can create your own retreat!

Dedicated to the inner artist in everyone



"...when an inner situation is not made conscious, it happens outside, as fate."

Jung CW 9/2 par.123

Joan McGeragle M.A.

Diploma Candidate
C.G. Jung Institute, Zurich
Jungian Psychotherapy
Working under supervision

For an appointment please call 590-4718

ROMANY
GIFTED PSYCHIC & CARD READER

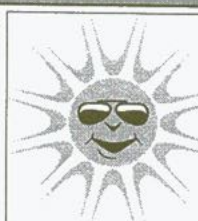
Back from Travels
Accurate Predictions
and Interpretations
Welcome Former & New Clients
985-7197

HEAVENLY PSYCHIC ANSWERS
FRIENDS OF THOUSANDS
MULTI-TALENTED INTERNATIONAL REPUTABLE PSYCHICS

FREE ASTROCHART WITH
YOUR FIRST READING
• Relationships
• Health • Future
• Career

\$2.99/MIN 18+ 24 HOURS

Can: 1-900-451-3783



WINTER DEPRESSION???

Treat the winter blues with clinically recommended light boxes.

Nature's answer to indoor daylight.

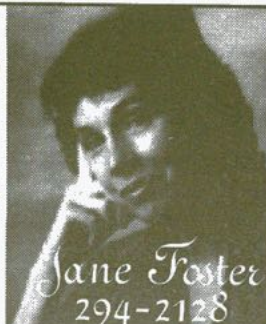
CALL SUPERLAMP:
(604) 531-1881



SUNMAKER ARTS
traditional tipis
since 1972
general delivery
WhalePoint, B.C. V0P 1Z0
935-6954

Image Excellence

5 min Personal
Marketing Videos
Video: • Résumé
• Documentation
• Events
Photo: • Head shots
• Portfolio
• Indust./Arch.
Digital Broadcast
& Standard Formats



Jane Foster
294-2128



15% Off
regular prices
with this coupon

Offer ends November 30, 1996

"All your needs for vitamins and supplements."

Not valid with any other offer.

Sinclair Centre

145-757 W. Hastings St, Vancouver, BC, V6C 1A1
Tel: (604) 681-8209 Fax: (604) 681-8210

Spiritual needs

Imagine a society where there is no hunger.

Today Papua New Guineans appear destitute. Yet not long ago, in this unique place, poverty was virtually unknown. University of Papua New Guinea social scientist, Nick Faraclas, writes:

"Imagine a society where there is no hunger, homelessness or unemployment, and where in times of need, individuals can rest assured that their community will make available to them every resource at its disposal. Imagine a society where decision makers rule only when the need arises, and then only by consultation, consensus and the consent of the community. Imagine a society where women have control over their means of production and reproduction, where housework is minimal and childcare is available 24 hours a day on demand. Imagine a society where there is little or no crime and where community conflicts are settled by sophisticated resolution procedures based on compensation to aggrieved parties for damages, with no recourse to concepts of guilt or punishment. Imagine a society... in which the mere fact that a person exists is cause for celebration and a deep sense of responsibility to maintain and share that existence."

Such a place is not fiction, says Faraclas: "When the first colonizers came to the island of New Guinea, they did not find one society that exactly fit the above description. Instead, they found over one thousand distinct language groups and many more distinct societies, the majority of which approximated closely the above description, but each in its own particular way. These were not perfect societies. They had many problems. But after some one hundred years of "Northern development"... nearly all of the real developmental gains achieved over the past 40,000 years by the indigenous peoples of the island have been seriously eroded, while almost all of the original problems have gotten worse and have been added to a rapidly growing list of new imported problems."

When Columbus "discovered" the New World, the people he encountered were better off physically, materially and spiritually than his crew's families were back in Europe. Poverty is a state of mind and people may only discover they are poor when others tell them or when they see immense wealth flaunted by others.

Anthropologist Helena Norberg-

Hodge told me that when she first arrived in Ladakh 20 years ago, her first impression was of overwhelming hardship and poverty. Yet when she asked a boy to show her the poorest family in a village, he looked puzzled and finally replied "There are no poor people here."

Over time, Norberg-Hodge came to appreciate an incredible wealth of kinship and community and the richness of culture and tradition in Ladakh. However, urged by industrialized countries, the government decided that the country needed "development." So a road was built across the Himalayas

to open the tiny nation to the outside world to bring money, goods and tourists. Norberg-Hodge watched stable communities break down as young people left for the allure of city life and material goods. She saw the same village boy, now a man, living in the capital city and begging for money from tourists because "we are poor."

World leaders who met in Bretton Woods, New Hampshire in 1944 envisioned a new economic order and created the International Monetary Fund and World Bank, which were astonishingly successful. A mere 51 years later, the planet has been saturated with a single notion of development and economic progress. Governments big and small, from socialist to capitalist, military dictatorships to kingdoms and democracies, repeat like a mantra the faith that the global market and economy will improve living standards and bring wealth and opportunity.

Yet global economics is ultimately destructive because it is fatally flawed: it externalizes the *natural* capital and services that keep us alive while glorifying *human* inventiveness as if it allows us to escape finite limits and to manage our biophysical surroundings; it assumes that endless *growth* is possible and necessary and represents progress; it does not value long-term social and ecological sustainability; it rejects caring, co-operation and sharing as irrational while promoting selfishness; and it cannot incorporate the reality of spiritual needs.

It is breathtaking hubris to force this single, monolithic concept as salvation into every part of the world.

David Suzuki Foundation, 219-2211 West 4th Ave., Vancouver, B.C. V6K 4S2. Tel (604) 732-4228.



David Suzuki

HOT & TASTY

COOKING VEGETARIAN

By Vesanto Melina & Joseph Forest

EATING WELL

WHEN YOUR PREGNANT

By Ellen Lakuskiak

THE LACTOSE FREE FAMILY COOKBOOK

By Jan Main



New From Macmillan
CANADA

Dr. Stanislov Grof's

Holotropic Breathwork™



Nettie Harland MEd & George Penwarden MA, are now certified Holotropic Breathwork Practitioners

Vancouver

NOVEMBER 15-17, 1996
1625 W 5th Ave Vancouver BC

Salt Spring Island

NOVEMBER 22-24, 1996

REGISTRATION
Pre-registration is required. Weekend workshop \$190. Early registration discount \$15, 10 days prior.

INFORMATION 738-8779
Nettie Harland (604) or Fax (604) 537-9347

Common Ground

NOW HIRING
SALES PROFESSIONAL & SALES SUPPORT

WHAT IS REQUIRED

A dynamic sales ability which combines the components of personal selling with a keen desire to work for the best interests of each client.

To be empowered by your own goals and attitudes, with a desire to succeed through excellent service. A strong commitment to your own and others' success. At least 3 years related sales experience and good organizational skills. Good communication skills plus a genuine interest in health and personal growth. Minimum requirements include at least two to three year's practical experience in a related field.

WORK ENVIRONMENT

A very creative and dynamic team of wonderful people producing B.C.'s market-leading magazine dedicated to health, ecology, personal growth, professional development, and creativity. We publish Common Ground Magazine 10 times a year, and an annual Wellness Directory entitled Well Tel. Our office and building are totally smoking-free, located in Kitsilano on a beautiful tree-lined section of Broadway, surrounded by interesting stores and restaurants, with its own parking lot. One of the best places in Vancouver, and Vancouver is one of the best places in the world.

THE OPPORTUNITY

You have the opportunity to receive the rewards and benefits of building sales in two of the best-loved publications in this province: Common Ground (established 1982) and Well Tel (established 1994). Both of these publications are well positioned for dynamic growth in areas in which our culture has shown increasing support over the fourteen years since we started publishing.

HOW TO RESPOND

If you believe you have what it takes and are committed to being successful, please contact Sales Manager Randy Berg by mail or deliver resume to: Sales Executive Position, Common Ground Magazine, Suite 201 - 3091 West Broadway, Vancouver, BC V6K 2G9. Accompany your resume with a short (less than one-page) handwritten letter describing why you would do well at this position. Thank you for your thoughtful consideration, and if this opportunity is not appropriate for you at this time, please pass this notice along to someone else you feel would do well.

Listen To
Something New
On Radio!

The
Michael Morgan Show

Mon. - Fri. 5:30am - 9am

Call 280-CFUN

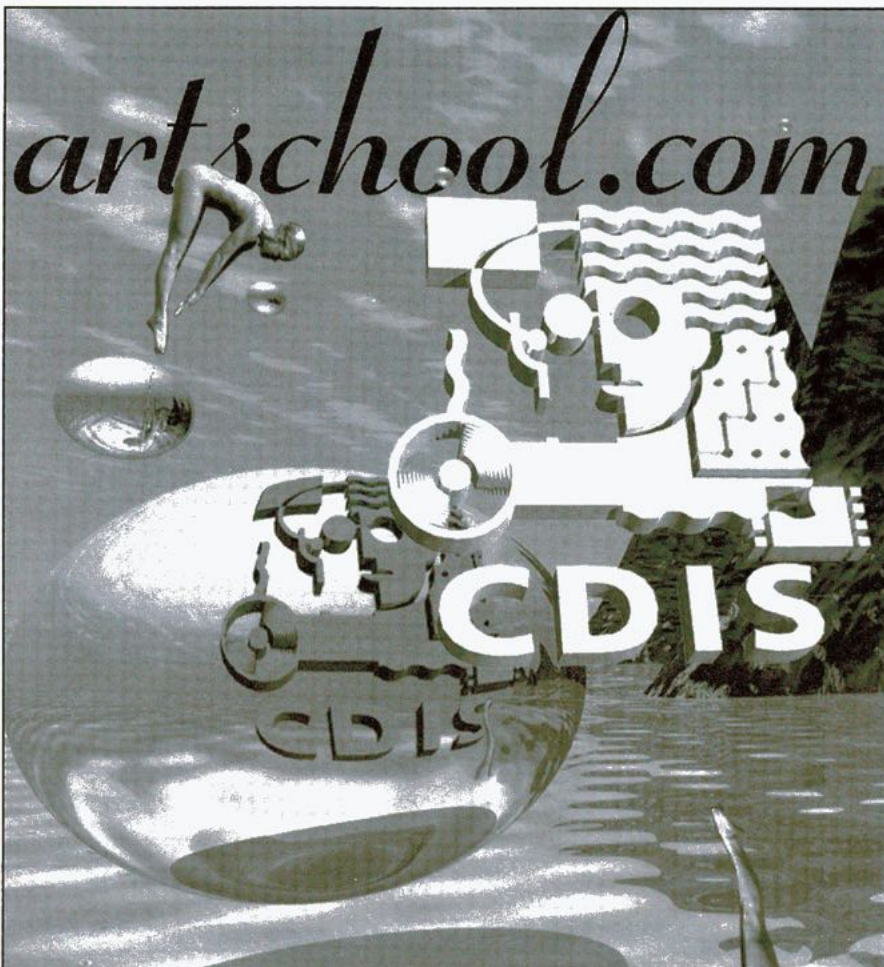
Phone BEFORE You Go To Work.

A Talk Show
With Intelligence
And Humour

14 CFUN

1410 ON YOUR AM DIAL

Talk With Attitude



artschool.com

CDIS

- 3D Computer Animation • Digital Audio & Music Production •
- Webmasters • Video • Film • Multimedia • Digital Publishing •

3248 Beta Avenue, Burnaby, BC V5G 4K4 • Tel: (604) 298-5400 • Fax: (604) 298-5403
Toll Free 1-800-661-1885 • email: cdis@mindlink.bc.ca • Website: www.ica-cdis.com/cdis

Edgewater Lodge

WHISTLER BC

Edgewater is a stunning lakeside retreat in Whistler BC on 45 acres of beautiful, private, forested land 3km north of Whistler Village bordering on the River of Golden Dreams. All rooms are large, ensuite, bed sitting rooms, have wonderful views, and breakfast is included. Our chef also prepares beautiful meals on a nightly basis in an incomparable setting. "The most special place I've ever been. All in all, heaven on

earth!" said Derek Pearce of England. David Butwin of Gourmet Magazine said "we loved our time at the Edgewater." "Edgewater's food is arguably the best in Whistler," said Bob Howells of Avenues. At lakeside, we have a beautiful spa, canoe and kayaking activities. Immediately adjacent is Nicklaus North, the Valley Trail System, and across from our driveway is a wonderful community centre.

For more information and a brochure Phone 604 932 0688 Fax 604 932 0686
Edgewater Lodge 8841 Highway 99 Box 369 Whistler BC V0N 1B0
web site <http://www.whistler.net/accommodate/edgewater/> email jays@whistler.net



GREENLIFE

Is For Taste, Quality And
Difference You Can Feel

The Ultimate
Enzymatically Alive,
Alkaline pH,
GREEN SUPER FOOD
Containing:



Spirulina
Organic Alfalfa, Barley
& Oat Juice Powders
Pure Soy Lecithin (oil free)
Brown Rice Germ & Bran
Organic Apple Pulp
Stinging Nettle Leaf Powder
Chlorella (Broken Cell)
Acerola Berry Juice Powder
Jerusalem Artichoke Powder
SOD Sprout Concentrate
Nova Scotia Dulse
Rice Protein Powder

Plant Enzymes
(Protease, Amylase,
Lipase, Cellulase)
Non-Dairy Probiotics
2.5 Billion Cells/Serving
Rosehips Extract
Royal Jelly 6% (10-HDA)
Organic Bee Pollen
Licorice Root Extract
Billberry Extract
Siberian Ginseng Extract

Astragalus Extract
Green Tea Extract
Dandelion Extract
Milk Thistle Extract
Fo-Ti-Teng Extract
Ginkgo Biloba Extract
Grape Seed Extract

Choose GREENLIFE To Win The Battle Against Time!™

To purchase this outstanding Canadian product ask your
naturopathic physician or local health food store.

For Information Phone/Fax **BIOQUEST** at: 1-604-922-0285
Box 27104 - 1395 Marine West Vancouver, B.C. V7T 2X

BIOXY™

The Next
Generation In
Superoxygenation

*Diseases are Bacterial,
Viral or Fungicidal, they
cannot live in Oxygen*



- **BIOXY CLEANSE™** in powder or capsules,
cleans, detoxifies and rejuvenates the colon.
 - **BIOXY CAPS™** are convenient alternative to
liquid stabilized oxygen or hydrogen peroxide.
- Try Oxygen For Health, Energy, Cleansing,
Balanced Weight and Metabolism**

PARASAVE

Peace Of Mind You Deserve

The most complete doctor
recommended herbal blend
for parasites containing:

Black Walnut Green Leaf & Hulls,
Cloves, Garlic, Grapefruit Seed Extract,
Melia, Bitter Sophora, Anemone, Tumeric
Wormwood, Golden Seal Root, Barberry
Bark, Butternut Bark & Fennel Extracts.

Ask For Bioxy and ParaSave at all
leading health food stores. For information
phone/fax **BIOQUEST** at: 1-604-922-0285



Canadian Grown Inca-Rice™

*Golden quinoa, gluten free
and easily digested.*

Quinoa (pronounced Keen-wa) has a
nearly ideal amino acid balance and is a
good source of fibre, complex
carbohydrates, vitamins and minerals.

It cooks in ten minutes and the
delicious flavour complements and meal.
For breakfast, add INCA-RICE to
pancakes and muffins or serve as a hot
cereal with cinnamon and apples. For
lunch, prepare in soups, salads, and stir-
fries. For dinner, use in appetizers, main
course dishes and desserts.



Ancient Grain Organically Grown KAMUT®

A non-hybridized grain that contains
more protein, minerals, and vitamins than
common wheat.

At artesian Acres we believe the sweet,
nut-like flavour of this ancient grain
complements all baking endeavors. Enjoy
KAMUT'S uniquely delicious taste in
Canadian-made pasta, whole grain flour,
flakes, kernels, pancake mix, bread, cookies
& muffins.

Try our certified organic super green foods:

**Just Barley Green Juice & Green Kamut, the newest, most unique green food available.
Available at better food stores.**

Artesian Acres RR3, Lacombe, Alberta, TOC 1S0 (403) 782-5075